

EL MORRO

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Domingo assumes command of Fort Buchanan

Marc McCormick
El Morro

Col. Edwin C. Domingo became the commanding officer of Fort Buchanan during a ceremony June 20 replacing Col. Stephen M. Ackman.

Officiated by Maj. Gen. Alan D. Bell, Deputy Commander, United States Army Reserve Command / Deputy Chief, Army Reserve for Operations, Readiness, Train-

ing, and Mobilization, said, "The formal military change of command is a time honored tradition dating from the beginning of our nation's military history."

Bell also acknowledged the importance of Puerto Rico to the nation.

"Puerto Rico is a crucial symbol for the United States military. With the closure of the U.S. bases in Panama, when the Panama Canal was transferred back to that nation in 1999, Puerto Rico is now home to

the longest concentration of U.S. military presence in Latin America."

Fort Buchanan has become the centerpiece of military presence in the Caribbean. Serving national Guard and Army Reserves Soldiers, Buchanan has been the processing platform to facilitate Soldiers as they deploy and return from the Global War on Terror.

"Fort Buchanan is also the only active Department of Defense installation in Puerto Rico and the Caribbean. Nearly 4,000 Army Reserve warrior-citizens are assigned to Fort Buchanan and they help make this command Army Strong," Bell said.

"The Fort Buchanan community is diverse and sitting within the great city of San Juan serving 104,000 military and civilian personnel, veterans, retirees and their family members."

Bell also had words of praise for Col. Ackman's tenure as garrison commander.

"Col. Ackman's experience, passion and compassion I think are very evident from what you see around us today. The tremendous things he has done while at Fort Buchanan have added to the quality of life that has brought this community so much closer together."

Puerto Rico Senator Lucy Acre presented Domingo, with a Resolution of the Senate welcoming him to Puerto Rico.

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Photos by Leo Martinez

Col. Edwin C. Domingo accepts the colors from Installation Command Southeast Director, Davis Tindoll during the change of command ceremony at Fort Buchanan June 20. Domingo replaces Col. Stephen M. Ackman as commanding officer of the garrison.



Col. Edwin C. Domingo, commanding officer, Fort Buchanan, accepts a Puerto Rican Senate Resolution from Senators Jose Garriaga-Pico (left), Juan E. Hernández-Mayoral and Lucy Arce on Domingo's assumption of command.



Courtesy Photo

Col. Edwin C. Domingo, commanding officer, met with the Governor of Puerto Rico the Honorable Aníbal Acevedo Vilá in the Governor's office. Later, Domingo and Vilá met with the new Adjutant General of Puerto Rico and other members of the government.

The Governor of Puerto Rico was represented by the Secretary of State, the Honorable Fernando Bonilla who attended Fort Buchanan's 4th of July celebration. The new Commanding Officer of Fort Buchanan, Col. Edwin C. Domingo, welcomed the Secretary on his arrival. Also attending the celebration was the new Adjutant General of Puerto Rico Col. David Carrion-Baralt and other Puerto Rico dignitaries and members of the Puerto Rican National Guard and the Puerto Rico Reserves. Each year, the government of Puerto Rico sends representatives to show their support of Fort Buchanan and its mission.



Marc McCormick

Puerto Rico appoints new Adjutant General

Col. David Carrión Baralt was named Adjutant General of Puerto Rico by Governor Anibal Acevedo Vila Jan. 1. He was confirmed by the Senate June 29.

As Adjutant General of Puerto Rico he commands a force of over 10,000 citizen-Soldiers and Airmen and the Army National Guard, Air National Guard and State Guard.

He was commissioned as a Second Lieutenant through the ROTC Program in 1979 and has occupied positions of increased responsibility to include Personnel Officer; Executive Officer of the Headquarters State Area Command Detachment; and Commander of the Headquarters State Area Command Detachment and Recruitment and Retention Officer.

In 1989, he became the full time Judge Advocate of the Puerto Rico National Guard, where as a legal advisor, he has participated in many key moments for the Puerto Rico National Guard such as Hurricanes Hugo and Georges Disaster Relief Operations; the creation of the National Guard Institutional Trust Fund; the Persian Gulf Conflict, peace operations in Haiti, Bosnia and Kosovo, and currently in support of the Global War on Terrorism.

In 1999 he became the Staff Judge Advocate and in 2004 the United States Property and Fiscal Officer for Puerto Rico.

Col. Carrion is a graduate of the Adjutant General Corps Officer Basic and Advanced Courses; The Judge Advocate General Officer Basic Course; Command and General Staff Course, and the U.S. War College, Distance Education Class 2003. He obtained a Bachelor's Degree in Arts, majoring in Economics, from the University of Puerto Rico, Mayagüez Campus, in 1979; and in 1982, he graduated from the Inter American University, School of Law, where he completed his Juris Doctor degree.

He is married to Mayra Maldonado, also an Attorney at Law. He has four children: David, Laura, Francisco and Claudia, and two stepchildren: Tatiana and Roberto.



FROM THE COMMANDER:

The Fort Buchanan Mission — Enable customers to succeed by providing sustainable Base Support and excellent services.



July: The month of Independence

We recently celebrated the 235th anniversary of the birth of our nation, the day when brave and dedicated patriots made manifest their love of liberty and founded a nation based on freedom.

For more than 230 years,

America has stood for freedom and we celebrate our God-given rights to liberty and life, and we honor all those who, over the centuries, have been willing to fight and die to keep our country free.

We honor the valor and sacrifices of those servicemembers who continue to defend our freedom just as in the war that was fought in 1776.

This includes over 8,000 courageous and dedicated service members of the 65th Regional Support Command and the Puerto Rico Army National Guard who have mobilized and deployed. Their bravery in the face of evil has stirred the souls of all Americans.

In each one of you we see reflected a deep-felt honor, pride and patriotism. I thank you for volunteering to serve our country and the cause of freedom. May God bless and protect you and those you love.

I also thank the volunteers of the 65th RRC and the PRARNG Family Readiness Groups who

are critical in maintaining the strength, morale and information chain for Soldiers, families and command before, during and after deployments. Your unwavering support to our service members and the command is fully appreciated.

Let us not forget the dedicated Retirees who have served our nation and continue to support our servicemembers. These great Americans have given us a marvelous gift of freedom that needs to be continuously cherished and preserved.

Also to be honored, respected and especially taken care of are our Warriors in Transition. Ever since the beginning of the current conflict, Fort Buchanan and the Rodriguez Army Health Clinic have excelled in providing the best care possible to our Soldiers returning from the conflict requiring medical attention. This fine group of young men and women originally organized as a Medical Retention Processing Unit has just been reorganized as a Community-Based Health Care

Organization. The name and chain of command has changed; the dedicated attention provided to them has not. I ask all of you to be especially supportive of this exceptional group of young Soldiers who deserve our assistance and encouragement. They are heroes, and we should at all times recognize them as such.

The Puerto Rico Senate recently confirmed Col. David Carrión Baralt's appointment as Adjutant General of the Puerto Rico National Guard. With our congratulations come our best wishes for a fruitful tenure, an enhanced partnership between the Guard and Fort Buchanan, and our renewed commitment to support in every way we can.

I would like to recognize the selfless service and dedication of Col. Margarita Aponte. Thank you for a job well done. The Fort Buchanan Community is grateful for everything you've done to care for our servicemembers and retirees.

We welcome the new Rodriguez Army Health Clinic Com-

mander, Lt. Col. Manuel Valentin and his family to Fort Buchanan Community. Lt. Col. Valentin is an excellent choice to carry on the care and services to our community.

We also welcome Maj. Elliot Gomez and his family. Maj. Gomez is the new commander of San Juan Military Entrance Processing Center. Maj. Gomez has established a record of accomplishment in a variety of complex and challenging assignments.

I have just begun my tenure as commander of this installation. I will shortly be sharing with you my vision and command philosophy about how we should work together. For now, I would just like to say that it is an honor to be back on this beautiful island, and that I'm looking forward to face the challenges of command and work together as a TEAM.

Command perspective from the Deputy Garrison Commander



Gunnar Pedersen

Base Operations Update

Installation Access —

Several weeks ago the FBI arrested 6 suspects who were in the planning stages of a terrorist attack aimed at Fort Dix, N.J.

During the investigation, as well as a follow up investigative report done by the local ABC

network affiliate, it was determined access to that installation was relatively easy.

As a result our higher headquarters, the Installation Management Command, has imposed a 100 percent I.D. check requirement for all Army installations. All occupants of a vehicle, not just the driver, are required to produce identification.

While young children are not expected to have I.D. cards, teenagers and adults must present photo identification. Long lines at the access control points can be reduced by having your identification ready to present to the police officer at the gate. The Directorate of Emergency Services is currently reviewing our access control policy.

We are exploring ways to maintain security while easing the flow of traffic through the Access Control Points. We understand that long lines and wait

times can be inconvenient, but our primary goal is the safety and security of Fort Buchanan.

I. D. Card Office Closure —

The Identification Card Office in the Garrison Welcome Center will be closed on July 11, 11:30 a.m. to 1:30 p.m.

Commissary Reset —

The Defense Commissary Agency has completed the remodeling of our Commissary. The changes include a wide center aisle where bulk items can be placed as well as more shelf space throughout the store.

New car Sales —

AAFES completed the relocation of its New Car Sales operation with a Grand Opening on June 15th. New Cars Sales is now located adjacent to the Main Exchange building. The new location is larger and more accessible to customers.

Morale, Welfare and Recreation —

We are continuing to improve services in the Directorate of Morale, Welfare and Recreation. Most MWR activities are operated as a business and like any business, must generate a profit to stay open. We do not receive any funds from the Army to operate MWR businesses.

The Water Spout is once again open for operations. The slide has been cleaned up, the pool refinished and new furniture is in place.

Over \$700,000 has been invested for new equipment in the Bowling Alley. The bowling alley has been remodel with the latest Brunswick equipment.

The Bowling Alley also has Cosmic (Disco) Bowling and the Snack Bar will be remodeled shortly. Stop by and see the changes.

Golf is an expensive hobby, but we continue to offer an affordable opportunity to play.

The head of the Army's MWR Golf Program, along with several business managers from IMCOM's Southeast Region, recently evaluated our golf program. We compared ourselves to the courses at Rio Bayamon and Las Bambuas.

To be competitive, improvements to the bunkers and greens will be made to improve the course appearance; daily course fees will be examined and we are restructuring membership fees to be in line with Army standards.

The Snack Bar at the Golf Course is not intended to be a food business "destination;" it's there to serve the golfers. We have stopped serving breakfast at the snack bar but plan to add grab and go items (coffee and pastries) in the pro shop.

We're exploring other possibilities to improve the golfing experience at Fort Buchanan.

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Aponte transfers command of Rodriguez Army Health Clinic

Marc McCormick
El Morro

Col. Margarita Aponte, outgoing commanding officer, Rodriguez Army Health Clinic, transferred command of the clinic in a ceremony held in front of the Fort Buchanan Command Headquarters Building before military members, families, friends and representatives of the Puerto Rico government.

Aponte was recognized by her commanding officer, Brig. Gen. Donald M. Bradshaw, commander, Southeast Regional Medical Command, for her management during a fast changing period that included mobilization and de-mobilization of Soldiers, the support for the MPRU detachment at Fort Buchanan and support of civilian sector organizations, especially her partnership programs with the Puerto Rico Veterans Administration Hospital.

"Today we honor the Rodriguez Army Health Clinic and all those who are a part of it. Rodri-

guez is a unique clinic servicing all services throughout Puerto Rico and the Caribbean Islands," Bradshaw said.

"Col. Aponte has been at Fort Buchanan for four years. She has done extremely well ensuring support providing medical care for those servicemembers and their families throughout the island," he said.

Aponte took command of Rodriguez Army Health Clinic during a time when the clinic was scheduled to be closed. Instead, events took a dramatic turn when it was demonstrated to the Army Medical Command that the clinic was still needed for the island's Reservists and National Guard.

"Margarita took command of this facility when our nation had become involved in the conflict that is still going on," said Civilian Aide to the Secretary of the Army Retired Maj. Gen. Felix Santoni.

"(She) oversaw the mobilization of over 85 percent of our National Guard troops and 90 percent of our Reserve components.

I have been associated with Col. Aponte since she took command of this facility. I have worked hand-in-hand with her to ensure that this facility for our Soldiers, their families, retirees and their families is a badge of pride."

The clinic became even more important with the follow-up services required for returning Soldiers.

"These men and women (Soldiers) deserve no less and by honoring Col. Aponte we honor them what they did, what they do and what they will continue to do. There is no doubt that you have been blessed to have Margarita Aponte," Santoni said.

Aponte leaves an indelible mark on the Fort Buchanan Community and the island of Puerto Rico. Command Chaplain (Lt. Col.) Rafael Rodriguez said, "Her untiring efforts, hard work, her credibility on behalf of Soldiers, her positive attitude and absolute trust in You achieved the goal of keeping the Clinic open. Col. Aponte is a compassionate super strong hard worker

who never gives up, an example of a solid Soldier."

Command is successful only with the dedication and support of the staff you have. Aponte thanked the men and women of the clinic who all worked long hours, dedicating themselves to the care and support of the patients entrusted to their care.

As Aponte said, it is because of their dedication and service that Rodriguez Army health Clinic was a success.

It was her leadership that provided that dedication.

Recognized for her outstanding efforts in keeping the clinic open and ensuring the best medical care possible, Aponte was praised by General Bradshaw.

He said, "I know I can abso-

lutely trust her, her integrity and her commitment. Thank you for your service, your commitment and your sacrifice."



Photos by Leo Martinez

Col. Margarita Aponte received the Legion of Merit for her service as the commanding officer of Rodriguez Army Health Clinic.



The civilian members of Rodriguez Army Health Clinic presented Col. Margarita Aponte with the RAHC guidon during Aponte's Change of Command Ceremony June 29.

Aponte says farewell to Fort Buchanan community

Col. Margarita Aponte
Commander, RAHC

After four years as Commander of Rodriguez Army Health Clinic, and now that I am about to relinquish command, I have had a chance to look back.

For me, this has been quite a ride. It has been a great privilege and honor to serve alongside you - the Soldiers, Civilians, and family members of Fort Buchanan, the island of Puerto Rico and Virgin Island during these four years.

This assignment was a dream which became a reality after twenty five years of service. For a long time, the assignment of an Army Nurse Corps officer in Puerto Rico was non-existent, but God works in mysterious ways and in April 2003 I received the news from my Commanding General, Maj. Gen. Eric Schoomaker, that the Surgeon General, former Lt. Gen. Peake, had approved his plan for the position in Puerto Rico.

I took command of Rodriguez Army Health Clinic on Aug. 4, 2003 at which time I was handed a plan to right size operations at the clinic. Little did I

know that the well written plan was about to change.

Fort Buchanan inherited a Mobilization and Demobilization mission requiring our medical expertise while preparing and training our Soldiers at Camp Santiago, Salinas for battle. We faced unique challenges, but together we delivered compassionate and quality care to our Soldiers.

With the closure of the Roosevelt Roads Navy Hospital in 2004, Rodriguez Army Health Clinic soon became the epitome of health care and moral support to Soldiers and families throughout the island of Puerto Rico and Virgin Islands.

While implementing the transition of our active duty dependents enrollment into the Humana TRICARE network of providers, we were also presented with the need of reorganizing and providing accountability for 167 injured Soldiers who were dispersed across the island.

We began the formation of the Medical Hold Unit in 2004 with one physician and 2 Case Managers. Soon we found out that much improvement

was needed in order to meet the Soldiers' medical needs and expectations. It wasn't easy, but together we stood strong and soon we were named - Community Based Health Care Organization-hybrid (CBHCO-hybrid) and later called Medical Retention Processing Unit, which is about to transition again to CBHCO.

One more time as an Army of One, we maintained our vision and mission of providing excellent care to our Warriors, our fighting strength.

Soldiers from Puerto Rico and the Virgin Island, as well as, any other deployed Soldier, come home with war stressors, anxieties and family issues. Early diagnosis and treatment is essential to prevent these symptoms from becoming unmanageable or untreatable. Therefore, RAHC began mental health screening at the demobilization site and later, as per our Soldiers recommendations, we put a Mental Health Team of professionals at RAHC who are dedicated to serve them. The team is composed of a psychiatrist, a clinical psy-

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Valentin assumes command of RAHC

El Morro Staff

Lt. Col. Manuel Valentin grew up in Mayaguez, Puerto Rico. He joined the U.S. Army Reserve in 1982 as an operating room specialist and later attended the University of Puerto Rico in Mayaguez, graduating in 1986 with a degree in Industrial Microbiology. He later entered the Uniformed Services University School of Medicine graduating with a Doctorate in Medicine in 1991. After his internship training at Fitzsimons Army Medical Center in Colorado, he joined the Special Operations community as a Battalion Surgeon at Fort Bragg, N.C., where he learned the multiple facets of operational and field medicine.

Valentin later went on to pursue a Residency in Aerospace and Occupational Medicine at Brook Air Force Base, Brooks-City, Texas.

He is married and has a son, age 7 and daughter, age 5.



Lt. Col. Manuel Valentin assumed command of Rodriguez Army Health Clinic 29 June from Col. Margarita Aponte.

Buchanan Commissary reaches new sales record

Following 18 month assignment Andre transfers to new assignment in Virginia.

Marc McCormick
El Morro

With the departure of Tony Andre as the manager of the Fort Buchanan Commissary, the store is left a million dollars a month better off. That's the amount of increase in monthly sales from a year ago. That also takes a dedicated workforce, good management, attention to details and, most of all serving customer needs. Gauging customer needs can be as much of an art as a science.

"We order all our groceries three or four weeks in advance and basically we are guessing what our customers really want. One of the biggest challenges we have is knowing or guessing how many customers are going to come from all over the island to buy products," Andre said. The Buchanan Commissary stocks over 12,000 items.

"They come from all over the island," he said, "so it's not unusual for them to come once a month and do big shopping. Our average customer spends about \$78 which is about \$10 higher than the DeCa average."

The numbers don't lie, "We see about 1,800 people a day on average. That's a lot. Sometimes it doubles," he said. "People who shop on Saturdays and Sundays have to and that's the busiest days of the week."

The product line is "all done at headquarters," Andre said. (And) actually it's a science done by facts and figures – by manufacturer, distributor, demographics – all the factors are taken into consideration and then it's decided what we put on our shelves. The only discretion we have is for local items. About five percent of our items are local."

Another balancing act is keeping the shelves stocked.

"We try and keep about a seven day backup in the warehouse but sometimes that's impossible," he explained. "We run about 96 percent in stock, so, about four percent of our items are out of stock on any given day."

When asked about how Commissary items compare to local San Juan food stores, he said, "It's remarkable because the other stores are supported daily through deals from the distributors here they arrive weekly and again the delivery is 21 days in advance."

"The biggest challenge for us is to constantly anticipate sales growth in different categories in order to meet customer demands. When I got here eighteen months ago, it was not unusual to find 40 or 50 feet of shelving completely empty. We found some key people here who have done a wonderful job of keeping us in stock and turn it all around."

The point is made when Andre says, "The increase in sales is due to the fact that we're doing a better job."

The Buchanan Commissary is unique in other ways such as – "Here in Puerto Rico, the produce section has a higher percentage of sales than anywhere else in DeCa," Andre pointed out. "About ten to eleven percent of out store sales are from produce. We sell about \$350,000 of produce every month."

"We are required by law to sell everything at cost," Andre explained. There are exceptions when items are reduced below cost such as "meat and produce, when we

have manager specials. Managers can get it at such reasonable price that sometimes we will drop it a little bit lower to sell out and give the customers a deal."

There are 160 employees working at the Commissary. The hours for the Commissary are typical to hours you will find in the states. "A six day operation fits the demographics in this area," he said.

The Commissary offers great potential for advancement as noted when Andre said, "They're terrific. I'm proud to tell you that of the last three managers we've hired they all come from within. We just hired a cashier to be a supply clerk. We actually hired two students through our student hire program."

The students work flex hours. The Commissary employs about 40 students who are making anywhere from \$10 to \$12 an hour. "They work 16 to 24 to 32 hours per week, depending on when we need them," Andre said.

"They don't get the benefits the federal worker gets but they have the benefit of flexibility of hours to accommodate their education requirements."

Each year, DeCa awards educational scholarships. The money is substantial and the Buchanan Commissary would like to see more participation locally. "It certainly is a significant program. Not only does it help the students it also helps another noteworthy cause – the Ronald MacDonald House," he said.

The Commissary has recently undergone a redesign of product placement. "We had too much product out in the store that wasn't selling and we had to reconfigure where everything would go and how much space it would get to more accurately reflect the needs of our customers," Andre explained.

"A year from now it would not surprise me that we did \$4 million worth of business (a month)."

How do you become one of the top commissaries in the DeCa system? Andre says – "We're not perfect. We're just going to keep on doing things better and better until we finally do meet the needs of all our customers."



Marc McCormick

Employees of the Fort Buchanan Commissary gather together just before re-setting the store to better serve Buchanan customers. The store re-set will improve handling and stocking of the more popular items. Tony Andre, store manager, stands on the left in the red tee-shirt. The Commissary employs 160 personnel.

Tony Andre
Commissary Manager

I have to say that the past 18 month assignment at Fort Buchanan in Puerto Rico was certainly one of my most rewarding and exceptional assignments in my 34 years with the commissary system.

Like most DeCa folks, I had always heard rumors of the Fort Buchanan Puerto Rico Commissary store and its difficulties both in management and logistics. When I was provided the opportunity for this assignment, I accepted with trepidation and some concern with the challenges I assumed that I would face.

The commissary supports about 100 active duty personnel and thousands of retirees, National Guard and Army Reserves living on the island. It would be fair to say that 99 percent of our shoppers are of Puerto Rican heritage and with that comes shopping preferences different than anywhere else in the world.

We have a fully supported warehouse ordering products 21 days in advance and running the old "pull lists" to fill our shelves nightly. Another challenge is that we don't have contract stocking or warehousing staff. Our store staff is approximately 160 DeCa personnel to assist in handling those functions and other commissary requirements.

After I arrived, I discovered that all my concerns were unfounded. The personnel here are the most wonderful I have ever met. Their work ethic and pride is exceptional. They are all proud of the job they do supporting our patrons and it's reflected each and every day. The simple act of providing a road map to where we are today has resulted in numerous successes for all of us and ultimately our shoppers.

Our average sales are up, our monthly sales have increased into double digits, sick leave is down, and stock availability has never been better. Add to that to our recent IG score reflecting the best ever! Multiple staff visits resulted in positive comments for our staff to reflect and be proud of along with the many favorable customer comments and your commissary is a store second to none.

While I was here, I was provided on-base housing for a nominal charge, it's like living in a park only several hundred yards from work. I often have Amazon Parrots and other wildlife running through my yard of palm trees and exotic plants. I have fruit falling from trees that I can't believe I don't have to pay for, and a beach not 15 minutes away. This has truly been an assignment in paradise. And let me not forget to mention that Puerto Rico is a modern island with all the stores, malls, highways and infrastructure found in any major city. Outside the San Juan area, the rest of the island is lush, tropical and breathtaking. Did I mention the beaches?



The Fort Buchanan Commissary increased its sales by over a million dollars a month over the same period last year. The increase was approximately 14 percent.

Serving the garrison, National Guard Soldiers, Reservists and retirees, the Commissary carries almost 12,000 items which includes many Puerto Rican products. The Commissary is a six day a week operation and in terms of customer traffic and sales volume is one of the "stars" of the Defense Commissary Agency which operates 284 stores worldwide. Another service of DeCa is their scholarship program.

It was created to recognize the contributions of military families to the readiness of the fighting force and to celebrate the role of the commissary in the military family community. If your mother or father is active duty, reserve/guard, or retired military personnel or you are the survivor of a deceased member, and you have a military dependent I.D. card you can apply!



Gomez takes command of San Juan MEPS

Marc McCormick
El Morro

June continued in its change of commands with the transfer of command from Maj. Eric Martinez, outgoing commander, Military Entrance processing Station, San Juan to Maj. Elliot Q. Gomez.

Held at Fort Buchanan's Community Club, the Commanding Officer of the Eastern Sector of the United States Military Entrance Processing Command, Col. Barrye L. Price, presided over the ceremony.

Retired Maj. Gen. Felix A. Santoni, Civilian Aide to the Secretary of the Army, also attended and had these remarks concerning Maj. Martinez's tenure at San Juan MEPS.

"Maj. Martinez and I have spent lots of time together and he has always gone out of his way to make me feel welcome in his area of operations. I have always recognized in him a readiness to excel, a willingness to adapt, and above all, a willingness to lead. He has fully recognized the responsibility he has shouldered when he processed the men and women from this island who go on to represent what Puerto Rico is all about and what Puerto Rico can produce for our Armed Forces," Santoni said.

"Eric has worked hard to ensure that these young men and women really understand the responsibility they are assuming for themselves, for their service, for Puerto Rico and for the nation," he said.

Col. Price has visited Puerto Rico several times and is intimately familiar with the San Juan MEPS and Maj. Martinez. Price said, "It was Jackie Robinson who opined that - 'Your life was not important

except for the impact it has on other lives.' I don't mind telling you this is one of the very best of the 102 multi-service officers I rate. Outstanding is the only descriptor that accurately describes that Eric Martinez has had while in this job."

"He assesses his environment better than any officer I have been exposed to during my career," Price said. "He continually assesses his environment and develops leader and teams while creating partnerships and alliances."

"He is an awesome ambassador for our Army. This officer leads from the front - he is a strategic thinker. Perhaps, more important, he is a standard bearer for character and integrity."

Following the presentation of two medals - the Meritorious Service Medal and the Volunteer Service Medal - Martinez addressed the audience saying, "For the past 36 months I had the privilege of commanding the San Juan MEPS and serving the superb team of military and civilian personnel. I am proud to see the San Juan MEPS standing tall and looking good. I leave behind a seasoned team of professionals who are ready to continue supporting the needs of the recruiting commands."

Retired Maj. Gen. Santoni summed up everyone's feelings when he said, "We must be proud of the fact that from this island we produce Soldiers like Eric Martinez who make us be proud of having been part of this institution - the United States Army"

The San Juan Military Entrance Processing Station was originally organized as an Armed Forces examination and induction station in April 1955. The primary mission of the station is to provide aptitude testing,



Photos by Marc McCormick

Maj. Elliot Q. Gomez accepts the MEPS colors signalling his acceptance of command for the San Juan Military Entrance Processing Station. Left, Col. Barrye L. Price, commanding officer, Eastern Sector, MEPS and outgoing commanding officer Eric A. Martinez observe the passing of the guidon.

medical examination and the processing of the transportation to training centers for applicants for all branches of the Armed Forces and National Guard.

To accomplish this mission, the MEPS is staffed with help from all services. The station currently has four Army, two Navy, one Air Force, one Marine Corps, one

Coast Guard and 44 Department of the Army Civilians.

During the last year, the station administered more than 14,664 aptitude tests, performed more than 3,429 physical examinations and processed and shipped more than 5,800 applicants to various training bases in the United States.



(Left) Col. Barrye L. Price, commanding officer, Eastern Sector, presents the Meritorious Service Medal to Maj. Eric A. Martinez during a Change of Command Ceremony June 22 at Fort Buchanan's Community Club. (Above) In-coming Commanding Officer of the San Juan MEPS, Maj. Elliot Q. Gomez, right, Col. Barrye L. Price and Eric A. Martinez during the transition of command ceremony marking the transfer of command authority from Martinez to Gomez.

Tindoll becomes new IMCOM SE Director

IMCOM Public Affairs

Fort McPherson, Ga. – Davis D. Tindoll, Jr. assumed the position of Director of the United States Army Installation Management Command Southeast Region.

Lt. Gen. Robert Wilson, Army Assistant Chief of Staff for Installation Management and the Commanding General of the United States Army Installation Management Command, hosted the ceremony, which was attended by approximately 200 guests including Gen. Charles C. Campbell, Commanding General, United States Army Forces Command and garrison commanders and command sergeants major from 12 installations within Southeast Region.

“With change comes opportunity and our goal is to seize this opportunity to ensure we improve our installations as premier centers of readiness and support,” Tindoll said after receiving the organizational colors from Wilson. “The bottom line is that we, IMCOM Southeast, are here to take care of Soldiers and Families.”

Tindoll comes to the IMCOM Southeast Region after serving as Deputy Director of the Korea Region, a position he held since October 2004. As Deputy Director, Tindoll had responsibility for the closure, re-stationing, and transformation of Army Installations in South Korea. Prior to his assignment in Korea, Tindoll served as the Chief of Staff of the Southeast Region, Installation Management Agency, responsible for directing and coordinating the Region Staff in the management of 20 Army installations located in eight states.

Prior to civilian service, Tindoll served as an Army officer for 30 years. He was formerly the Garrison Commander at Fort Rucker, Chief of Staff of the Aviation Center, and served in other key command and staff assignments in aviation and cavalry units. He also previously served as Deputy Region Director of the Southeast Region.

As Region Director, Tindoll will be responsible for organizing support and services for eight states and Puerto Rico, managing 15,000 employees, and overseeing a \$2 billion budget.

“We will define excellence by two means – one in the quality of support we provide and second in the responsiveness to the needs of senior mission commanders,” Tindoll said. “Southeast Region will be ready to support the priorities and requirements of the senior mission commanders on each installation.”

The U.S. Army Installation Management Command was created as a key component of Army transformation to bring all installation support services under a single organization to ensure the optimal care, support and training of the fighting force.

The Installation Management Command’s mission is to provide installations that enable Soldier and Family readiness, and provide a quality of life that matches the quality of service they provide to the Nation.



Official Photo

IMCOM-SE was established Oct. 1, 2002. It is one of the seven Installation Management Command’s regional offices worldwide, which oversees all facets of installation management, such as construction; family care; food management environmental programs; well-being; logistics; public works and installation funding.

IMCOM-SE meets a number of objectives – Implement a standardization process so that Soldiers and families can count on quality, consistent, uniform services at all installations; streamline how installations receive money and ensure installation funds are used for installation services (as opposed to combat training or other missions); relieve warfighters and mission commanders of installation-related tasks so that they can focus on combat training and tactical-related issues; and support mission-readiness and execution.

232 years Army Strong

Marc McCormick
El Morro

The United States Army celebrated 232 years and at Fort Buchanan the traditional yearly celebration was held at the Community Club.

The special guest speaker for the event was Command Sergeant Maj. Leon Caffie.

Caffie said, “This month we celebrate the Army’s 232nd birthday. But instead of being an aging relic of the Twentieth Century, the Army, especially the Army Reserve, is changing to a dynamic, flexible and responsible force. A force that is ready to meet any challenge of the 21st Century.”

The United States Army Reserve has been increasingly called upon to support the Global War on Terror.

“This birthday is not about getting old it’s about maturing and accepting the challenges that we had identified for the Army Reserve. The Army Reserve has endured changes since its birth always adapting itself to the challenges and the realities of time from WWI to WWII to Korea to the Cold War, Operation Desert Storm and the current long war – the Global War on Terror,” Caffie said.



Photos by Leo Martinez

Caffie talked about the dedication and professionalism of today’s Soldiers. “General Jack Stultz, my boss said – ‘Sergeant Major, we must create inclusion for our wounded warriors.’ I said – ‘Sir, they can serve. I’m not concerned they can run two miles in their PFT. It is not important to me they can do 75 push-ups. What’s important to me is that they want to serve because of patriotism. Their pride and their honor still boils in their blood.”

Reflecting on the Reserves and their contribution to the regular Army, Caffie said, “Army Reserve Soldiers have served our nation with distinction, zeal and professionalism. What makes Army Reserve so rich is the civilian skills we bring to the fight. They are compared nowhere in the active Army.”

Caffie also spoke about the Soldiers who have paid the price in defending democracy from terror when he said, “I spent Monday at Walter Reed Hospital speaking with more than 250 injured Army Reserve Soldiers and the most pressing thing they said to me was – ‘Sergeant Major, I want to serve. I can still provide a resource to the Army. Please give me an opportunity to serve.’ I looked at those young Soldiers with tears in my eyes and I praised them on their patriotism. I said, ‘if the power was with me, you would continue to serve until the day you want to go home.’”

And, in a fitting conclusion to the speech, Hooah!



Former commanding officer, Fort Buchanan, Col. Stephen M. Ackman (left) and Brig. Gen. David S. Elmo, commanding general, 65th Regional Readiness Command, along with the youngest Soldier at Fort Buchanan and Command Chaplain (lt. Col.) Rafael Rodriguez and retired CSM, 65th Infantry Regiment, Francisco Ali-cia cut the Army Birthday cake.



Army Strong...

William A. Russell was promoted to Master Sergeant during a ceremony held in Fort Buchanan’s Conference Room. Col. Stephen M. Ackman read the orders promoting Russell in front of family and fellow Soldiers. Master Sgt. Russell works at Fort Buchanan DHR Office. Following a Farewell Luncheon for Col. Stephen M. Ackman hosted by Fort Buchanan’s Directorate of Human Resources, Ackman presented Sgt. Carlos Gonzalez with the Army Achievement Medal for his services in Records Management.



Photos by Marc McCormick

271st Human Resources Company mobilized

El Morro Staff

Among burst of tears and laughter, family members bid farewell to twenty-one Soldiers of the 271st Human Resources Company as they departed to the sunny shores of Puerto Rico, the morning of June 28.

According to Headquarters 65th Regional Readiness Command, three detachments of the 271st have been ordered to deploy to their mobilization station at Fort Bragg, N. C. in preparation for their Soldiers Readiness Processing before arriving in Iraq in support of Operation Iraqi Freedom.

Soldiers are expected to be at Fort Bragg for at least a month receiving training before their final deployment.

The deployment of these Soldiers is part of the rotation of Army Reserve units needed in the global war against terrorism.

The three detachments will be responsible for providing personnel management,

administrative support and postal services throughout the theater of operations.

Capt. Ramon Pares, commander, 271st HR Co., stated, "Our Soldiers are highly motivated and are looking forward to accomplishing any mission they may get while in Iraq."

"We know it is hard to leave our loved ones, but this is what we train for and we are ready to do what is required in order to win the war against terrorism and help the people of Iraq," he added.

The 271st is expected to be a year in theater. With these three detachments and the detachment of the 215th Military Police that left on June 26th, it brings the total of Army Reserve Soldiers to nearly 100 from the 65th RRC that have been called to duty during June. With these deployments and based on U.S. Army Reserve Command statistics, the 65th RRC has over 400 Soldiers presently mobilized in support of Army contingencies worldwide.



Soldiers of the 271st Depart Puerto Rico for deployment to Iraq.

Courtesy Photo

430th QM CO — Train as We Fight, Fight as We Train

El Morro Staff

During 2007, combat training and preparation to support the Global War on Terrorism is again a high priority for the United States Army and the Army Reserves.

Since March 19, 2003 the United States Armed Forces have been engaged in fighting terrorism in Iraq, and an even longer time has been sustained in Afghanistan, Uzbekistan, Bosnia, and Somalia and in other various small countries where assistance was needed.

The 430th Quartermaster Company Forward Support and Direct Support located on Ft. Buchanan, Puerto Rico are currently training and preparing in the event that they are called to deploy. The 430th QM Co. is a combat service support unit with a unique mission which inserts the unit as far forward as possible in a theater of operations to directly support other units who are engaged in combat. The main purpose of the unit is to provide field service operations including shower, laundry, and clothing repair.

Currently the unit is equipped to support up to 21,000 Divisional troops in any of the aforementioned field services.

430th Commander Capt. Jose R. Ruiz, has directed his efforts in preparing his troops so that when they are called for deployment they will be able to execute and accomplish their mission under the most demanding and stressful of circumstances.

In 2007, the unit has undergone intense and vigorous training with the intent of enhancing the mental and physical stamina and resilience of the assigned Soldiers including MOS proficiency, and performing the 9 Warrior task/drills.

In November 2006, Capt. Ruiz and the unit's Training NCO, Sgt. 1st Class Jorge L. Salaman initiated the commander's new phase of training entitled "Second Wind." During the month, the unit conducted a local Field Training Exercise which included a 4-mile tactical road march with weighted rucksacks and weapons, and several classes and exercises being conducted in the field. The various field training/classes included Nuclear Biological Chemical Training, Land Navigation, evacuating casualties from an area of operation, engagement skills training, establishing a laundry site, and a Phase I Introduction to Combatives - the Army's new hand-to-hand combat training.

The 316th CM Company provided expertise support for the NBC Training by providing instructors teaching the block of instructions and administering applied and practical examinations.

The quality of training being conducted in the 430th QM Co. each month is designed to be challenging and requires the average Soldier to show his or her commitment, dedication, and motivation to the unit, their fellow Soldiers, and to the United States Army. Assessment of the training activities that have been conducted thus far within the unit will take place July-August 2007 at Ft. Polk, Louisiana at the Joint Readiness Training Center.



Spec. Loraine M. Cruz, center, performs a training task as Capt. Jose R. Ruiz observes. Ruiz's primary focus is for his Soldiers to be properly prepared (mentally and physically), confident in their abilities, and trusting their fellow Soldiers.

Courtesy Photo



Courtesy Photo

(Standing) Sgt. Major Ismael Pagan, Maj. Steven Gonzalez, Capt. Gabriel Rondon, Sgt. Luis Barreto-Nieves, Staff Sgt. Juan Rivera, Sgt. 1st Class Jose Colon, Lt. Col. Patricia Daymoore and Maj. Miguel Maldonado. (Bottom) Sgt. 1st Class Rafael Natal, Sgt. 1st Class Luis Cotte and Staff Sgt. Benjamin Martell. (Bottom) Sgt. 1st Class Rafael Natal, Sgt. 1st Class Luis Cotte and Staff Sgt. Benjamin Martell.

969th Detachment activated for Iraqi operations

El Morro Staff

"Flexibility" is a key word that comes to mind when describing the 969th Quartermaster Detachment.

The 969th Quartermaster Detachment Petroleum Liaison was activated Sept. 16, 2005 and assigned to the 65th Regional Readiness Command Salinas Puerto Rico. Col. Hector Lopez, the first commander of the detachment created the slogan of the unit - "fueling freedom".

The unit recruited volunteers to go to Iraq and was ready for deployment in less than three months.

Lt. Col. Patricia Lynn Day Moore volunteered leaving the 370th Quartermaster Battalion command position in order to deploy with the 969th Quartermaster Detachment. The unit is composed of 10 soldiers from Puerto Rico's 65th Regional Readiness Command and the commanding officer is from Montana's 96th Regional Readiness Command.

The detachment's mission was an ever evolving challenge dealt with unflinching

team work, professionalism, and leadership. The 969th Quartermaster Detachment contributions in Iraq will benefit and influence many units' accomplishments and ensure their success for years to come.

Soldiers traveled throughout Iraq in four different teams to serve as planners, technicians, advisers, and overseers of all bulk fuel operations; a vital force multiplier that kept the mission going.

The Embassy team provided MNF-I (Multi-National Force - Iraq) and the U.S. Embassy in Baghdad with up-to-date accurate data on crude exports, refined production, domestic supply, and Iraqi fuel storage. Some of their accomplishments include tracking over 450 million barrels of crude oil production and exports, over 9 billion liters of refined production, and similar amounts of imports.

The team's expert analysis provided timely information to the U.S. Government for planning and developing courses of actions in order to address critical issues such as preparing for national benzene shortage. **See 969th** **Page 18**

Buchanan celebrates Independence Day

Marc McCormick
El Morro

July the 4th at Fort Buchanan was a festive affair centered around a serious subject – American freedom and democracy. The scattered rain gave way to sunshine as the official event began with the Commanding Officer of Fort Buchanan, Col. Edwin C. Domingo welcoming special guest, Puerto Rico Secretary of State the Honorable Fernando Bonilla and the new Adjutant General of Puerto Rico Col. David Carrion-Baralt.

In his remarks, Domingo spoke about American tradition saying, “For more than 440 years America has stood for freedom and today we are celebrating our God given rights to liberty and life.”

Acknowledging the special contributions of America’s Soldiers he said, “America has al-

ways depended on the courage and character of its people. America’s best, its servicemembers and veterans, these men and women, serve in different places around the world. At different times they are waiting until their country needs them, making sacrifices and joining the fight. That’s the highest form of citizenship. To all the veterans here who served in peacetime or battle, you have the nation’s gratitude and respect from the citizens.”

American Soldiers, made up of the common people, have always stood ready to defend American freedom and honor. Their sacrifice knows no bounds.

“Today we also honor the valor and sacrifices of those servicemembers, active and retired, of the United States Army, Marines, Navy and Coast Guard, who continue to defend our freedom... just as in 1776. This also includes over 8,000 courageous



Photos by Marc McCormick

Fort Buchanan offered a fifty-gun salute to the 50 states - an Army tradition. Paying honors to the country, Col. Edwin C. Domingo, commanding officer, Fort Buchanan salutes America. Left, Puerto Rican Secretary of State, the Honorable Fernando Bonilla and right, the new Adjutant General of Puerto Rico, Col. David Carrion-Baralt, participate in rendering honors to America.

and dedicated servicemembers from the 65th Regional Readiness Command and Puerto Rico National Guard who have been mobilized. Their bravery in the face of evil has stirred the soul of all Americans,” Domingo said.

Fort Buchanan, the United States Army and Puerto Rico have always shared common values and patriotism. Somewhere, in a statistical guide, is an interesting fact that states – pro-

portionally to population, Puerto Ricans have more citizens enlisted in the armed forces than any other ethnic group.

Puerto Ricans are very proud of their Soldiers.

Puerto Rico Secretary of State, the Honorable Fernando Bonilla, said, “We are proud of our men and women in uniform who defend the principles of freedom and democracy. As a matter of fact, many Puerto Ricans are not

here today because they are defending freedom. We cherish the rights and protect the freedoms of the Constitution of the United States and the Constitution of the Commonwealth of Puerto Rico. We share a common defense.”

On this day of freedom, following ratification of the Declaration of Independence, 400 years later, Americans and Puerto Rico stand side by side in the defense of freedom and democracy.



Regimiento Fijo re-enactors, joined the Fort Buchanan parade. The unit represents Puerto Rican Soldiers of the 1700's.



Soldiers of the 65th Regional Readiness Command's Headquarters and Headquarters Company marched in the parade along with other services as part of the Buchanan celebration.



Col. Edwin C. Domingo, right, along with Puerto Rican Secretary of State the Honorable Fernando Bonilla and Puerto Rican veterans and several young children, cut a 4th of July ceremonial cake.

Ackman retires after 3 years at Buchanan, 27 Army

Marc McCormick
El Morro

The scene was historic - San Cristobal. "San Cristobal Hill has been in existence since 1519. On this hill, in 1634, over 300 years ago, the Spanish began the construction of a fortification that would defend the city from the land side. Castillo de San Cristobal is the largest fortification ever built by the Spanish in the New World. Today, it is a United Nations World Heritage Site," iterated Master of Ceremonies Jose Pagan - a fitting place for the retirement of Col. Stephen M. Ackman, commanding officer, Fort Buchanan.

Soldiers love pomp and circumstance. The rituals are intricate and indicative of the pride Soldiers take in their service to the nation. But, it was the telling lack of pomp and circumstance that lent the gravitas to the occasion with this particular 27 year veteran of the Army who will close his military career with, first, the transfer of command authority on June 20 to the actual effective date of his retirement in September.

During the course of the ceremony, Col. Ackman received the acknowledgment of his tenure as the Fort Buchanan commander and as an officer in the U.S. Army. The Honorable Aide to the secretary of the Army, retired Maj. Gen. Felix Santoni, presented Col. Ackman with the Legion of Merit. Next, Col.(P) John Hanley, a lifelong (in the Army) friend presented Ackman with the traditional Certificate for Service in the Armed Forces.

Ackman's in-laws were present for the occasion and James Williams, his father-in-law, presented Ackman with a flag that had been flown over the Pentagon May 29.

All of the Ackman children were present and daughter Jennifer presented Mrs. Ackman a Certificate of Appreciation for her "faithful and constant support" throughout the colonel's career.

Next, daughter Amy presented the Outstanding Civilian Service medal to her mother, Diane.

Col. Ackman's tenure in Puerto Rico has been appreciated throughout his three year assignment to the island and in recognition, President of the Puerto Rico Senate, Kenneth McClintock, along with Senators Jose Garriaga-Pico and Lucy Arce, presented Ackman with a Senate resolution for his dedicated service.

And, from the Commonwealth to the city level, Orlando Gotay, representing San Juan Mayor Jorge Santini, presented Ackman the keys to the City of San Juan for all of Ackman's efforts during his assignment to Puerto Rico.



Photos by Leo Martinez
Col. Stephen M. Ackman, outgoing commanding officer, Fort Buchanan, and Mrs. Ackman (center) are flanked by Retired Maj. Gen. Felix A. Santoni, Aide to the Secretary of Defense (right) and special guest Col. (P) John Hanley (left) rise for the national anthems of Puerto Rico and America during Ackman's retirement ceremony.

These are the marks of how Puerto Ricans take an outsider into their community and emotions. It is a trust not extended to everyone but once you are accepted by Puerto Ricans you learn of the deep emotional ties that make their culture enviable.

Retired Maj. Gen. was a reflection of that idea - "It is a pleasure and an honor to preside at Col. Ackman's retirement ceremony and be able to thank this Soldier and his family for their service to our nation."

"I worked hand in hand with Col. Ackman when Fort Buchanan was going through the BRAC process. I stood with him as the installation was transformed from an active Army installation to a reserve component installation. I came upon someone who has a true appreciation for the sacrifices Puerto Ricans and Puerto Rico has made to the defense of our nation," Santoni said.

"The opportunity I had to see him provide comfort and relief to the families of individuals who had given their lives in the defense of our ideals, there, ladies and gentlemen, I saw a Soldier; I saw the father; I saw the son; I saw the true human being that is Col. Steve Ackman.

"You and Diane have served us very very well. Wherever the future takes you, believe we have the greatest respect for you and from the bottom of our hearts we say Hasta Luego."

Generally speaking, these ceremonies, with a few words from the retiree, end at

this point. However, in a sharp turn from the usual, the family members of Ackman had stories they wished to share with the attendees.

His daughter Jennifer said in part, "I mentioned that one of the problems with having a dad in the military is that you never get to see him. I thought for a moment and shook my head and said, 'that was never really the case with my dad.'"

"One thing was true - my father was always there for us when we needed him. If we had a question about homework, current events or just life in general he was always open to talk with us.

"I admire him for doing something that he loves. What really is admirable is that with all the hard work he put the family first. He provided us with everything we needed... and sometimes (he) put his personal desires on hold to make sure that all three of his daughters got a formal education without any objection to what we were studying."

Her perspective was interesting.

Next, daughter Amy remarked about Army life, "Was it hard? Yes. But I trusted the man making the decisions. Now that I'm older I am making my own decisions I understand that every choice I make affects the people around me. I know in your line of work you don't have a lot of choice(s) where you go, where you live, but you do have a choice with how you deal with it."

Through a career the families have their perspectives constantly shaped by - moving.

Amanda said, "I knew automatically that when Dad asked mom to take a long walk with him that it was time to move again. That meant starting all over by adapting to new environments, making new friends and awaiting dad's next long walk with mom.

"Whenever anyone asked me what my father did for a living, I would proudly say - he's a Soldier. What is a Soldier? However, when thinking of my father as a Soldier, I feel a warm, gentle, intelligent human being with a mind of his own - a defender of his family.

"Whenever I think of my mom, I often ask myself as a wife now how she coped with Army life. It took an incredibly strong woman to endure 27 years of the Army tell-

ing them where to go and what to do. But, she was always right there at my father's side for whatever choices he made. She has always been involved in his career from day one attending Army affairs, getting involved in the Army community...that is a true Army wife. My mother is an absolutely amazing woman. And with these various traits, I have never seen two people who worked together so well. They are what you would call a perfect team. Having said this, now that I am an adult, I hope that I can become as successful as these two people have become as individuals, as a couple and as parents."

There's a pattern here, and, it has nothing to do with the actual duties of a Soldier. It is the emerging pattern of a how family becomes an Army family, with all that it entails.

Mrs. Ackman, Diane, looked back on the beginnings... "He was no longer going to be a doctor; he was going to join this group called ROTC. He said it was kind of like a fraternity. The girl, already smitten with the boy, said - okay. Why? Because she loved him."

She recalled the highlights of his military career with an emphasis on the family and what it takes to be an Army family.

"Thank you for friendship and love. Thank you for being such a good provider, always making sure we had all we need(ed)," she said.

Even Col. Ackman, when he rose for his remarks, looked back over his 27 years did not recount a litany of postings and jobs, but he too turned his attention to his families -

"My heart is so touched this morning. Thank you for all who came... It's a ceremony that marks the close of 27 years of service to the Army and to the nation. Ceremony is important... and I cannot imagine a better venue to mark the end of service than this storied place, San Cristobal... This place represents 400 years of Soldiering," he said.

"27 years seems like a long time, but it's not. As Diane says, it seems like only yesterday that she was pinning the bars of a second lieutenant on my shoulders, jumped into her Camaro with our eight month old daughter on our trip to Fort Sill."

Thinking of his family he said, "They made being their father an exceedingly easy task and that's not always the case and I always will appreciate that fact. I know that they know their mother and I are exceedingly proud of them."

Upon all these ideas stand one central fact, Diane - "I know she loves me not because she said it but from what she's done. She's endured the disruption without complaint in every circumstance. The reason I have always loved her unconditionally is not because of that but... because of the way she has conducted herself as a drafted Army wife. That's what she was - she was drafted into that service. This is (due in) no small part by the upbringing of her mother Pauline and her father James. She is who she is and has the character she (has) and she got that standing ovation because of the start you gave her."

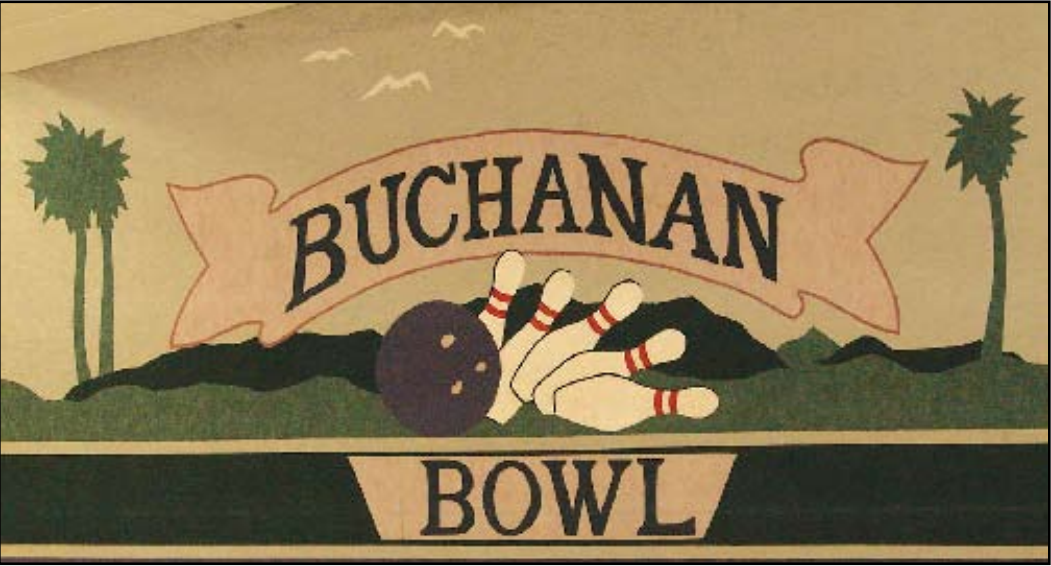
For Puerto Ricans to remember, he said, "The people of Fort Buchanan and the people of Puerto Rico have taught us the depth of patriotism and the joy and warm nature of the Puerto Rican heart."

And then, abruptly, the ceremony was over. The last thing everyone saw was the extended Ackman family standing shoulder-to-shoulder having an Army family



Following the conclusion of Col. Ackman's retirement ceremony, the entire family posed for a group picture. Fourth and fifth from the right are Mrs. Ackman's parents. The retirement ceremony was held at San Juan's historic San Cristobal Fortress.

MWR completes renovation projects for Summer season



Bowling Alley reopens with state-of-the-art equipment

Marc McCormick
El Morro

A long awaited upgrade for Fort Buchanan's Bowling Center has finally taken place with the multi-thousand dollar upgrade completed June 22.

Luis Torres, Bowling center manager, said – "\$700,000 went into the upgrade which included all parts and installation."

Renovating an 18 lane bowling center sounds like, an actually is, a large undertaking but, "It took 4 ½ to five weeks," Torres said.

The core purpose of the renovation was to replace the pinsetters.

"The last (pin setters) were built in the 1950's – about 1952 to 1960 – the new pin setters will need less maintenance and the machines are easier to work with a lot less frame stops."

"It is state-of-the-art and the machine (the computer) will tell me what's wrong with it. And, you can set up the pins any way the customer asks for," according to Torres.

In addition to the pinsetters, the center also upgraded – "With a new scoring system and the masking units (the decorative panels that cover the pin setters)."

Bowling enthusiasts will also notice other benefits to the system such as the graphics capability.

"We will also have some animated graphics for birthdays, anniversaries, leagues, and open bowlers – things like that. This is better than the bowling center in Plazas Las Americas. Plazas Las Americas doesn't have the same scoring system."

The Buchanan Bowling Center is an athletic hub attracting significant amount of bowlers.

"There are a thousand bowlers a week or more," Torres said.

With that amount of bowlers and their various leagues, you would think that getting a lane would be difficult.

"There's always open bowling. I try to maintain at least two lanes for open bowling Monday through Wednesday. Thursday and Friday and the weekend, we have six or more," Torres pointed out.

Other improvements include new painting and overall maintenance of the facility and of course the Snack Bar will still offer customers their daily and evening fare.

For exercise, camaraderie and good clean fun, the Bowling Center is an excellent individual and team and family venue sport.



Photos by Marc McCormick

The renovations to the Bowling Alley include new pin-setters, scoring system and pin retriever backgrounds that can be reversed for multiple themes.

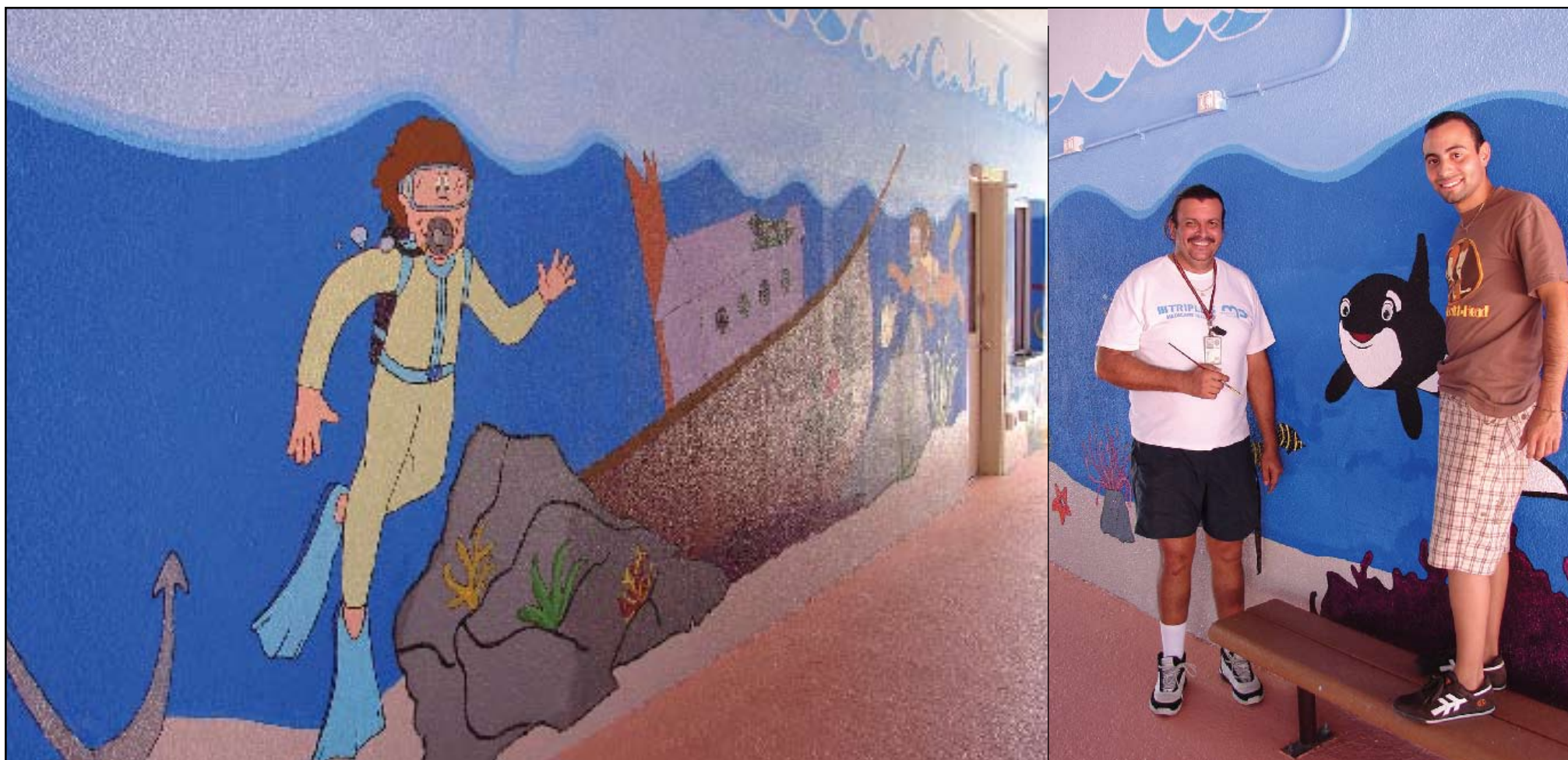


Luis Torres, manager, MWR Bowling Alley, works the computer that controls the pins-setters, scoring system, lights and video displays. The new system has an updated Cosmic Bowling capability for midnight bowling or special parties.



Col. Edwin C. Domingo, commanding officer, Fort Buchanan, and Gunnar Pedersen, deputy garrison commander, middle, listen to Luis Torres, Bowling Alley manager, explain the renovations planned for other areas of the alley such as the Pro Shop. The upgrades make the facility the best on the island.

Bowling Alley, Water Spout newly open to patrons' delight



Photos by Marc McCormick

The Water Spout was renovated top to bottom with a newly resurfaced pool and deck area among many other upgrades. Also, patrons will be treated to new frescos painted by the Water Spout staff and designed by University of Puerto Rico art student Jose Rivera who laid out all the cartoons. Rivera is one of the many volunteers who worked on the pool.

Marc McCormick
El Morro

Since January the Water Spout has been closed for upgrading. It recently reopened to the delight of patrons with fresh new murals and improved facilities.

The Water Spout serves a wide variety of people, as George Santiago explained.

"During high season we have as many as 400 people using the facility," he said. "During low season we have 80 to 100 people."

Mildred Perez, acting manager, of the Water Spout, also pointed out a partial list of activities the Water Spout offers.

"We have Summer Camps," she said, "as well as private activities that will accommodate up to 300 people."

And that's barely surface swimming at the Water Spout.

"We also have swimming classes when the Antilles School System is in session," she said, "that provide classes for infants (6 months to 2 years old) and Basic Swimming Lessons up to Level Three."

Perez also pointed out - "All our Life Guard's are certified in water safety."

Patrons will notice the new wall-to-wall murals that decorate the facility, all courtesy of a University of Puerto Rico volunteer named Jose Rivera. Rivera is a native of Luquillo and is majoring in art at UPR. Rivera sketched the "cartoons, used for the action figures and with the help of a few more volunteers and Water Spout employees, the younger set will be delighted the aquatic scenes.

The volunteer painters were - Evaristo (Jr.) Rivera, George Santiago, Yanitza Ortega, Yomara Acosta, Eileen Santiago and Mildred Perez.

Among the many renovations the Water Spout underwent were - resurface the bottom of the pool, painting and sealing leaks on the slides, installing bathroom extractors, the cafeteria and resurfacing the pool deck.

In addition to daily swimming, you can also contract with the Water Spout for a Mini Pool party - 4 hours. It is \$125 for Active Duty personnel, \$150 others. Reservations require a \$75 deposit and you can have up to 20 participants.

Private pool parties are held 7 - 10:30 p.m. Setup fee \$75 and the charge is \$300 Active Duty, \$350 Other pool members and \$400 Others.

The Water Spout has other programs such as Water aerobics which is taught by Water Spout employee Evaristo Rivera.

For Infants & pre-school, the cost is \$30 (8 per class) and for adults aerobics \$30 (8 sessions).

When children under 3 use the Water Spout they must wear a swim diaper.

There are also life preservers and lockers available.

Daily admission for authorized adults (11 years and older) non-members is \$5.50 per person. For children 4 to 10 years old, admission is \$3.50 per child and children under 3 swim Free.



These colorful dolphins are a new addition to the pool area. They are actually garbage containers. This is just one of the little touches that MWR applied to the Water Spout to enhance patrons enjoyment. The cafeteria has also been improved along with the game area. Plans for the future include enclosing the snack area.



These fun pool creatures sit on the bottom of the pool for children to play with.

Suggestion Program = cash

Maria (Mimi) Richa
Ft. Buchanan PAIO

The Army Suggestion Program is an incentive program that encourages Soldiers and civilians within the Department of the Army to submit suggestions that if adopted, will result in increased efficiencies and reduced costs, for the government.

The cash award incentives is up to \$25,000 for adopted ideas.

Eligible participants are all members of the Army community and others concerned with the welfare of both the Army and the nation.

If you can obtain an AKO account, you can submit a suggestion.

A suggestion is eligible for consideration when it —

- Is submitted through the Army Knowledge Online Web site at Army Suggestion Program (see link below).

If your suggestion has been informally accepted and put into effect, you must submit the suggestion form within 90 days of implementation.

- Benefits the Army or other U.S. Government activity.

- Presents a problem or situation, proposes a solution with sufficient rationale to support the requested new procedures, and states benefit to the government.

All direct-hire Army civilians paid from *appropriated funds* and military members of the Active Army are eligible for cash awards.

At Fort Buchanan, we are interested in suggestions or ideas from Soldiers and civilians who work on the installation or use our facilities.

The Army Suggestion Program is managed by the installation's Plans, Analysis and Integration Office, Bldg. 390, 3rd floor, Fort Buchanan, Puerto Rico.

Input on the Army Suggestion Program's Web site, which are related to Fort

Buchanan, will go directly to the Program Manager, Maria Richa (Mimi) for evaluation.

To submit a suggestion, go to the Army Suggestion Program Web site at https://armysuggestions.army.mil/services/asp/asp_home.cfm.

(NOTE: You will need your AKO user id and password to access the site).

We are waiting to hear from you SOON.

ASP Submission Tips

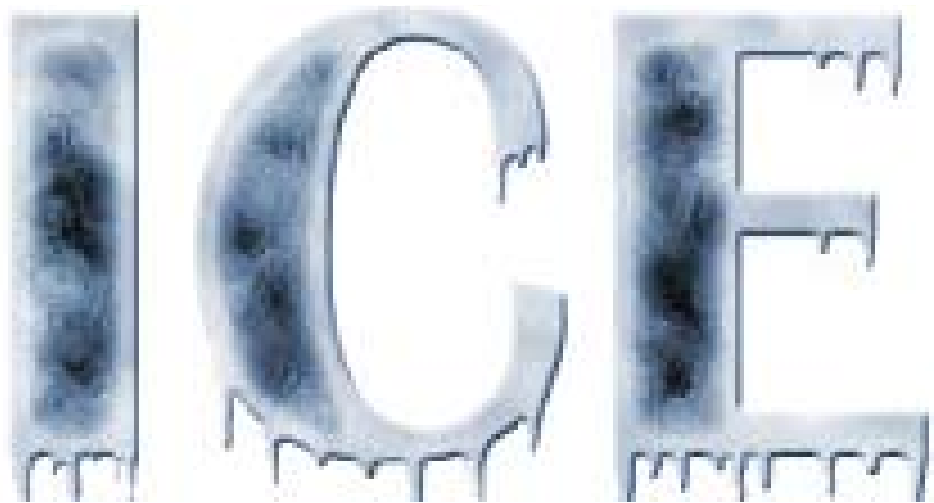
- Think creatively. Do you see operations that can be streamlined? Are jobs done unnecessarily? Is there a procedure you must follow that doesn't make sense or is outdated? Are records or actions duplicated in two or more offices? Just because a problem seems obvious doesn't mean someone has submitted a suggestion about it. Try to think of two ways to improve the process or solve the problem, then submit the better idea.

- Clearly state the current practice, method, procedure, task, directive, or policy affected and how the present practice is deficient.

- Explain your idea with enough details and facts to fully explain the problem and your proposed solution. Be thorough and provide statistics or documentation. "Sell" your idea!

- Include a statement of known or estimated benefits, such as dollars or time saved. The more you explain how your idea benefits the Army, the better chance your idea has of being adopted.

- Attach samples, drawings, or other documents that will help explain the problem and your solution. This helps the evaluator to better understand your suggestion and to make his/her job easier. Attachments can make the difference between an adopted and non-adopted suggestion.



Buchanan ICE program helps improves services and provides valuable feedback assisting managers and directors in analysing and streamlining system processes.

Did you know that the Department of Defense Interactive Customer Evaluation system or ICE is designed to —

- Improve services.
- Allows DoD customers to quickly and easily provide feedback to service provider managers.
- Gives leadership timely data on service quality.
- Allows managers to benchmark the performance of their service providers against other DoD organizations.
- Encourages communication across organizations by comparing best practices to increase performance results.
- Saves resources.

Sharing your opinion about the products, services and level of customer service will help us make improvements and ensure your future experiences are positive.

The ICE comment card does not require that you provide contact information, but if you have a comment or suggestion and would like to be contacted to discuss your feedback, we will follow up with those customers that submit contact information.

Customers can use this Web based program from any computer terminal with internet access. The Web site <http://ice.disa.mil> can also be used to obtain general facility and program information.

Upon arriving at the Web site, click on Army CONUS, then on Fort Buchanan and you're there.

The site is very easy to use and does not require much computer experience.

Questions about ICE should be addressed to Maria Richa (Mimi), Plans, Analysis and Integration Office, at 787-707-2730, DSN 740-2730 or by email to maria.richa@us.army.mil.

Fort Buchanan Army Career & Alumni Program

ACAP TAP Workshop

16, 17, 18 & 19 JULY 2007

20, 21, 22 & 23 August 2007

17, 18, 19 & 20 September 2007

0730-1600 at the Fort Buchanan
Training Center Classroom, Bldg. 511
*The Transition Assistance Program
(TAP) seminars provide information
that facilitates moving from the
military to the civilian world.*

If you are within two years of retirement or one year to ETS,
contact Mr. Griffin at the ACAP Office to reserve your seats:

787-707-3681



Courtesy Photo

Pride in service...

Felix J. Romero, pictured outside the entrance to the garrison Commissary, proudly displays his medals earned while in service. Romero urges all veterans to wear their medals on national and Puerto Rico holidays.

Fort Buchanan contractor, Felix J. Romero, displayed his medals on Memorial Day in a demonstration of military pride, respect and allegiance with all Soldiers, Sailors, Airmen, Marines and Coast Guardsmen, veterans of previous conflicts, and especially those currently engaged in Iraq and Afghanistan. "This is the first time that I wore my Medals and felt very patriotic. I am very proud that I served my country. I salute the men and women who served and are serving in the Armed Forces" says Romero.

Romero stated that all veterans should spark some patriotism nationwide by wearing their medals after the Secretary of Veterans Affairs, Jim Nicholson, urged all veterans to wear their medals on Memorial Day, the Fourth of July and Veterans Day.

"I concur with the Secretary of VA about wearing the medals at work or anywhere by demonstrating appreciation and understanding to the Soldiers who lost their life for their country. I can't wait when Fourth of July comes so I could wear my medals again. I hope more veterans would take the initiative and pride wearing theirs." Romero said.

Romero presently works as a Telecommunications Specialist with the Directorate of Information Management at Fort Buchanan. He retired from the Air Force in August 2002. He was awarded the Joint Service Commendation Medal, four Air Force Commendation Medals, Joint Service Achievement Medal, three Air Force Achievement Medals, Air Force Combat Readiness Medal, six Air Force Good Conduct Medals, two National Defense Service Medals, Armed Forces Expeditionary Medal, Global War on Terrorism Service Medal, and Humanitarian Service Medal.

Meningococcal vaccination required for school

Sean Glover
TRICARE Public Affairs

A new immunization has been mandated for the students attending DDESS schools. It's the meningococcal vaccine and here has been confusion as to whether or not the immunization is a TRICARE covered benefit. The answer is yes.

Meningococcal disease can include several different illnesses, including meningitis (infection of the lining of the brain and spinal cord), bacteremia (bacteria in the blood), and rarely, other body sites. Children and young adults are most often affected by this disease and if infected it's considered a medical emergency which requires prompt treatment.

The vaccine that will protect against four of the bacteria is called Meningococcal Polysaccharide Vaccine - MCV4.

As stated, this is a TRICARE covered benefit.

It is recommended for children at their routine preadolescent (11-12 years of age) visit.

College freshmen are also encouraged to receive the vaccine, especially those who will be living in dormitories.

For your convenience, the TRICARE Area Office- Latin American & Canada has compiled a list of TRICARE Standard providers who have the vaccine and are willing to administer the medication to the TRICARE Standard beneficiary. The provider may file the claim for the beneficiary



File Photo

Parents should check with their school nurses to ensure their child has the proper inoculations required by DDESS. If the student doesn't have the proper vaccinations, they will not be allowed to enroll in school.

or require them to payout of pocket, which means the beneficiary will be responsible for filling their own claim for reimbursement.

The beneficiary will also be responsible for the appropriate copay, cost share and deductible.

If you have any questions about this or

any other benefit, contact the TLAC Office at 888-777-8343, option 1 or 706-787-2424.

For more information about the disease and the vaccine -

- Ask your doctor. He should be able to suggest other sources of information.
- Call your local health department or

you can contact the Center for Disease Control and Prevention at 1-800-232-4636.

- Visit the CDC's National Immunization Program Web site at www.cdc.gov/nip

- Visit CDC's meningococcal disease Web site at www.cdc.gov/ncodod/dbmd/diseaseinfo/ or

- Visit CDC's Traveler's Health Web site at www.cdc.gov/travel

In Puerto Rico, TRICARE Standard providers are -

- Dr. Carmen Baez
Ave. Feliza Rincon de Gautier
Las Cumbers Shopping Center
San Juan, PR
787-999-0889

- Dr. Jose Rivera Valdes
Ave. Sta. Cruz #68
Torre San Pablo Ste 202
Bayamon, PR 00959
787-780-6822

- Dr. Jeannette Marrero
Julio Vintron St #222
Suite 220, Edif. Guayacan
Aibonito, PR 007405
787-735-0377

- Dr. Orlando Vega
358 San Claudio Ave.
Sagrado Corazón Urb.
San Juan, P.R. 00926
Tel. (787) 761-6309

- Dr. Adalberto Tosado
16th St., García Urb
Behind Abacoa Flower Shop
Arecibo, P.R. 00612
Tel. (787) 880-6141

2007 Hurricane preparedness for Fort Buchanan, Puerto Rico

El Morro Staff

The following is part of a continuing series of information guides to prepare for the 2007 Hurricane season in Puerto Rico.

Simple Tasks That Could Save Your Life and Your Home

For High Winds —

- Install hurricane shutters or purchase pre-cut 1/2" outdoor plywood boards for each window of your home. Install anchors for the plywood and pre-drill holes in the plywood so that you can put it up quickly.

- Make trees more wind resistant by removing diseased and damaged limbs.

When a Hurricane Watch Is Issued —

- Listen to local radio or TV stations for up-to-date storm information.

- Clear yard of all loose objects, such as potted and hanging plants, bicycles, trashcans, and anything else that can be picked up by the wind.

- Prepare to protect your windows and glass door. Brace double entry and garage doors at the top and bottom. Cover all windows of plywood as described above. *Note:* Tape does not prevent windows from breaking, so taping windows is not

recommended.

- Check on your family and supplies disasters checklist (plans).

When a Hurricane Warning Is Issued —

- Off-post, listen to the advice of local officials, and leave (evacuate) if they tell you. Fort Buchanan Housing residents will follow the instructions issued by DPW for protecting their homes.

- Complete preparation activities.

- If you are not advised to evacuate, stay indoors, away from windows.

- Clean containers for drinking water and your bath tub for storing cleaning water.

During the Storm —

- Stay inside and away from windows, skylights and doors. Find a safe area in your home — an interior, reinforced room, closet or bathroom on the lower floor.

- Wait for official word that the danger is over. Don't be fooled by the storm's claim "eye." The worst part of the storm will happen once the eye passes over and the wind blows from the opposite direction.

- If you lose power, turn off major appliances, such as the air conditioner and water heater to reduce damage.
- If auxiliary power genera-

tion is to be used, do not connect it to the house main power supply line or main breaker. Fort Buchanan residents have to have auxilliary generators approved before use.

- If flooding threatens your home, turn off electricity at the main breaker.

- Stay away from floodwaters. If you come upon a flooded road, turn around and go another way. If you are caught on a flooded road and waters are rising rapidly around you, get out of the car and climb to higher ground.

If You Must Evacuate —

- Take your Hurricane Survival Kit with you.

- Take important papers with you, including your driver's license, special medical information, insurance policies, and property inventories.

- Let friends and relatives know where you are going.

- Make sure your neighbors have a safe ride.

- Lock windows and doors.

- Turn off electricity at the main breaker.

After a Hurricane Is Over —

- Keep listening to the local radio or TV stations for instructions.

- If you evacuated, return home when local officials tell you is safe to do so.



File Photo

Residents of New Orleans deal with the aftermath of Hurricane Katrina — an example of a city not prepared for the worst.

- Inspect your home for damage.

- Use flashlights in the dark; do not use candles.

Advice for Older Adults —

- Elderly people are especially susceptible to the effects of hurricanes.

- Those who live alone, or are without the support of family or friends, must take special precautions in the event of an emergency situation.

- People who are frail or disabled (either mentally or physically) may need special assistance from family members, friends or social service agencies.

- Older adults who are also care givers may require outside assistance. Excessive stress and anxiety can contribute to increased episodes of illness, par-

ticularly for person with heart disease and other illnesses.

Protect Your Pet —

- Pet owners are responsible for hurricane planning for their pet. If you plan to evacuate, plan for your pet as well. Take your Pet Survival Kit. If you plan to go to public shelter, make other provisions for your pet.

Fort Buchanan Notes —

Fort Buchanan resident and civilian workers will be notified of the status of the garrison during the period leading up to a storm. It is important for off-base residents and workers to try and stay in touch with their supervisors to ascertain whether or not to come to Buchanan. When a storm condition merits, the gates of Buchanan will be closed and workers are advised not to travel to the garrison.

New scam targets military spouses

American Forces Press Service

WASHINGTON — The American Red Cross is warning military spouses about a new identity-theft scam that targets family members of deployed troops.

The Red Cross was alerted of the scam earlier this month, Devorah Goldberg, Red Cross, said.

The scam involves a person with an American accent calling a military spouse, identifying herself as a representative of the Red Cross, and telling the spouse that her husband was hurt in Iraq and was medically evacuated to Germany.

The caller then says that doctors can't start treatment until paperwork is completed, and that to start the paperwork they need the spouse to verify her husband's social security number and date of birth.

It is hard to determine how many

spouses have been targeted by this scam, Goldberg said, as there are many ways for spouses to report problems like this.

However, one confirmed report was enough for the Red Cross to act, she said.

"We know that it happened to one person; it was probably going to happen to others, and we wanted to be prudent and alert people," she said.

American Red Cross representatives typically do not contact military members or dependents directly and almost always go through a commander or first sergeant, according to a Red Cross news release.

Military family members are urged not to give out any personal information over the phone if contacted by unknown individuals, including confirmation that their spouse is deployed.

In addition, Red Cross representatives contact military members or dependents di-

rectly only in response to an emergency message initiated by a family member, the news release said.

The Red Cross does not report any type of casualty information to family members.

The Defense Department will contact families directly about family members' injuries.

It is a federal crime, punishable by up to five years in prison, for a person to fraudulently pretend to be a member of, or an agent for, the American Red Cross for the purpose of soliciting, collecting, or receiving money or material, according to the news release.

Any military family member that receives such a call is urged to report it to their local family readiness group or military personnel flight.

Any contact should be reported.



File photo

E-mail scam imitates DOJ notice

El Morro Staff

The following information about fraudulent e-mails was extracted from a Bulletin distributed by the Department of Justice.

The Department of Justice became aware of fraudulent spam e-mail messages claiming to be from DOJ. The messages are addressed "Dear Citizen" and the messages imply that the recipients or their businesses have been the subject of complaints filed with DOJ.

The email may provide a case number, the state the complaint was filled, a DOJ logo, and attachment with the supposedly copy of the complaint and contact information.

THESE EMAIL MESSAGES ARE A HOAX. DO NOT RESPOND.

Government entities do not send messages of this nature thru e-mail. Email users should be especially wary of unsolicited warning messages that claim to come from U.S. governmental agencies with file attachments that provide sensitive personal information.

These spam email messages should be immediately deleted. Malicious software, e.g., viruses, keystroke loggers, or other Trojan horse programs, could be launched

by opening the attachments to these messages.

Do not open any attachment from this type of messages, Delete the e-mail, and empty the deleted items folder.

If you have received this, or a similar hoax, please file a complaint at Web site www.ic3.gov. Within the complaint, please list "DOJ Spoof Email" in the "Business Name" field of the complaint, where complainants are directed to place the name of the business which has victimized them, as this will allow the IC3 to easily retrieve and process these complaints.

The Department of Justice in partnership with other federal agencies and the technology industry created [OnGuardOnline.gov](http://onguardonline.gov) a Web site to help consumers stay safe online and <http://http://onguardonline.gov/spyware.html> and <http://http://onguardonline.gov/phishing.html>.

Consumers can also obtain information on Internet safety at www.lookstoogoodtobetrue.com and www.ic3.gov.

Should you have any questions regarding this message or any other computer and network security issues, feel free to contact the DOIM Information Assurance Division via the following telephone numbers —707-5795/2129/2891/2653/3157.



USB drive security alert

Sonia Cordova
IMCOM Info. Security

The following information is an extract from a Network Bulletin distributed by the CONUS Theater Network Operations and Security Center, and the Criminal Investigation Command. Please take a few moments to read the extract below and ensure you are doing your part to ensure positive OPSEC.

There is a new USB Flash Drive called SnoopStick, it operates like a standard USB flash drive, but it also allows monitoring of internet usage, Instant Messaging, Chat Room conversations, and email from anywhere in the world. Its functions are undetectable to the user leaving no trace of the "snooping" and it can store up to 12 months of activity logs. The product is advertised as a tool for parental internet control, but the criminal implications of this type of tool are wide and varied.

The Department of Defense sources have indicated that the USB thumb drives are being utilized to compromise DoD contractor computers. Once the product is inserted into a USB port and the auto-run program begins, a combination of things can/will occur —

- Disable the anti-virus software and firewall, enumerate the network and collect user names and passwords.
- The code on the thumb drive may instruct the computer to "call home" establishing a backdoor which a hacker can use to further exploit the system or the network.
- The code may be a keystroke logger, capable of collecting account log-in information from the local user computer, online banking, or credit card information.
- The code may place a logic bomb or other mischievous instructions to harm or crash the computer or network at a predetermined time or through remote trigger.
- The code may work as a worm and reside dormant on the computer with instructions to infect other thumb drives plugged into the computer and /or other computers inside the network.

Secure MCD devices mandatory for use

Rafael Maldonado
Ft. Buchanan IAM

This advisory is to remind you that traveling with an unencrypted government own Mobile Computer Device is a prohibited practice.

MCDs are — thumb drives, handheld devices, notebooks, tablets or laptops (except Blackberries) used to process, transmit or store Army information.

If you are going on official travel and are authorized the use of a MCD, you must contact the DOIM Customer Service Desk to coordinate for the encryption of unprotected files and documents.

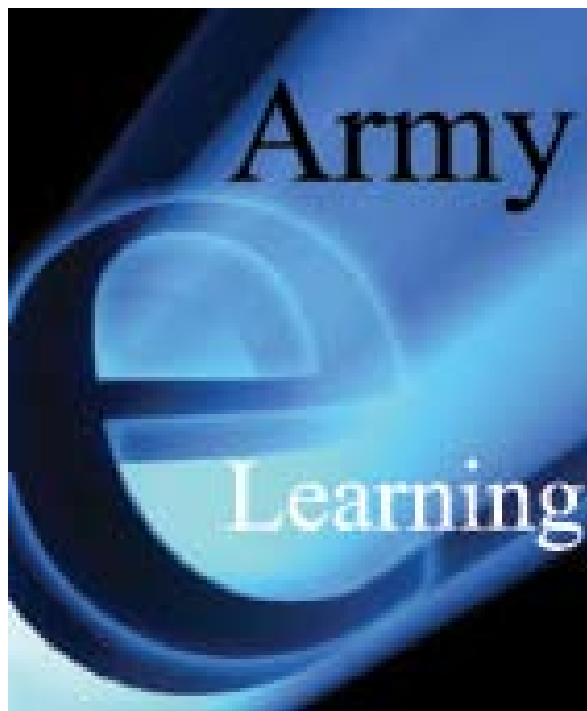
Contact us, at least two working days,

prior to your travel.

The MCDs will be marked, "Approved for Official Travel." Official travel covers any movement where the MCD is taken outside the installation. This includes taking an MCD to your home for official use only when and if authorized by management.

As a user, you play a significant role in the protection of Army information. Your cooperation and adherence to proper procedures is crucial for information system security.

If you have any questions or need additional information, contact Sonia Cordova at 707-2129 or Rafael Maldonado at 707-5795.



At no cost to the individual or their organization, all active duty Soldiers, Members of the National Guard or Reserves, civilian employees and USMA AND ROTC Cadets are authorized to access over 1,500 information Technology, business skills and interpersonal skills courses, desktop computer skills, Microsoft operating systems to human resources management and leadership as well as foreign languages from any location, around the clock. All you need to do is get an AKO account and register. If you have any questions, call (787) 707-3888.

EAP provides client confidentiality with programs

Gisela Aponte
Drug & Alcohol Control Officer

We want all employees to be aware of the services provided by the Army Employee Assistance Program and to fully understand that the success of this program depends, in large part, on the confidential nature of the records. EAP help you deal effectively with personal problems such as alcoholism or drug abuse and other problems involving family, financial issues, work and family, etc.

The following are the most frequently asked questions about Employee Assistance Program and the confidentiality of EAP records.

What is an Employee Assistance Program?

EAP is a service available to all employees at no cost. It is staffed by a professional counselor who will help you address problems that can adversely affect job performance, reliability, and personal health.

The counselor may refer you to other professional services and resources within your community for further information and assistance.

I have a problem with drugs. My performance is quite good and I've received a number of awards.

I'm afraid that if I go to the EAP for help, my supervisor will find out the truth and then my career will be over. Can this happen?

No. Information about your discussions with the EAP cannot be disclosed without your permission. There are regulations (42 CFR Part 2) that require confidentiality of alcohol and drug abuse records, and they provide penalties for unlawful or unauthorized release of information.

If there are regulations that guarantee confidentiality for alcoholics and drug abusers, what about those of us with other types of problems?



Those same regulations prohibit the implicit or negative disclosure of information and, as such, agency EAPs may not release any information without a signed consent, no matter what the nature of the problem is.

Can I be forced to sign a release of information regarding my involvement in the EAP?

No. However, there may be instances where it will be in an employee's best interests to sign a release of information, e.g., when an employee is seeking accommodation for a certain physical or emotional problem. Another example might be when an employee is involved in a potential disciplinary situation and wishes to show management his or her sincerity in seeking assistance with the problem. Based on this information regarding an employee's involvement in

the Employee Assistance Program, a supervisor might decide to hold any disciplinary action in abeyance pending a positive change in the employee's performance or conduct.

I am a supervisor, and I am interested in talking to one of our agency's EAP counselors. Will my participation be kept confidential as with any other employee?

It doesn't matter if you are the head of the agency or any other employee, everything will be confidential.

Under what circumstances can information about me be disclosed without my permission?

Under 42 CFR Part 2, any instances of suspected child abuse and neglect must be reported to appropriate State or local authorities. Also, when a client commits, or threatens to commit, a crime that would harm someone else or cause substantial property damage, law enforcement personnel must be informed. I know that if I have an alcohol or drug problem, there are regulations that guarantee confidentiality.

My problem is that I am a single parent, my bills are mounting, and I need financial counseling.

I would be terribly ashamed if anyone at my agency found out, but I need to go to the EAP. How can I be sure that my coworkers or supervisor won't find out?

Most agencies have issued internal policy about their EAP, which assures that no matter what an employee's problem is, it will remain confidential.

Please remember, your Employee Assistance Program can help you with your problem and your confidentiality is assured.

Contact your personnel office for more information about your agency's EAP.

For more information on EAP and Confidentiality, contact Gisela Aponte, ADCO at 707-3419/3298 or visit ASAP Office in Bldg. 1321-C (next to the Fire Station).



Courtesy Photo

Army Substance Abuse Program advisory

Ft. Buchanan Drug & Alcohol Office

The National Highway Traffic Safety Administration continues emphasizing in Summer Alcohol and Drug Abuse Prevention with its annual Labor Day campaign Drunk Driving: Over the Limit, Under Arrest, which runs from July 23 through 9 Sept. 9, 2007.

Drunk driving is deadly —

- Impaired driving is one of America's deadliest problems. Nearly 13,000 people died in highway crashes involving a driver or motorcycle operator with a BAC of .08 or higher in 2005.


- Driving with a BAC of .08 or higher is illegal in every state. Yet too many people still ignore the law. According to the FBI's Uniform Crime Report, more than 1.3 million people were arrested for driving under the influence during 2005.

- Too many people still don't understand that alcohol or drugs and driving don't mix. Impaired driving is no accident—nor is it a victimless crime.

Motorcyclists are at great risk —

- Alcohol plays a big role in motorcycle fatalities: Forty-one percent of the 1,878 motorcycle

See Abuse Page 18


CALL TO DUTY
BOOTS ON THE GROUND

Stand Up Against Sexual Assault...
Make a Difference.

SEXUAL ASSAULT PREVENTION AND RESPONSE

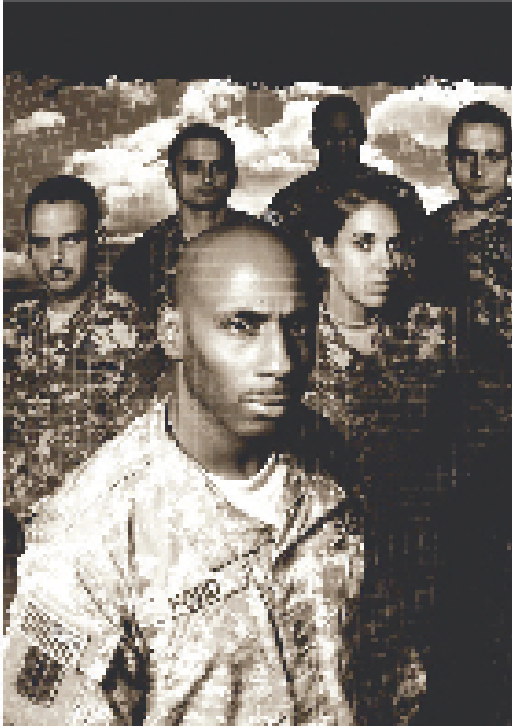
Army police promotes sensitive care and confidential reporting for victims of sexual assault, encouraging help from those who control these crimes.

Sexual Assault includes rape, sodomy, incest, sexual harassment, and other offenses. Sexual contact or fondling or attempts to commit these crimes.

REPORTING PROCEDURE

SEXUAL ASSAULT RESPONSE COORDINATOR (SAURC)
Mr. William Diaz

247 Fed fax: 707-406-4771
 Office: 707-707-1709
 U.S. Army Second Annual Prevention & Response Program



WWW.SEXUALASSAULT.ARMY.MIL

Nails in knees, burnt hands — all workplace safety hazards that could have been avoided

Ft. Buchanan Safety Office

Stay alert on the job —

Have you ever had the experience of arriving home from work and not remembering the drive? You were probably tired, distracted by worries and bored with the same old highway route. When you realized how inattentive you had been, you likely resolved to pay more attention behind the wheel.

Driving a motor vehicle on “automatic pilot” is a dangerous practice, and so is doing your job in that mental state. You are doing one thing - working, while thinking about something else - your worries or the weekend.

This state of mind can occur in any kind of work, but it is more likely to occur when the job is repetitious. Boredom, fatigue and frustration also contribute to the point where your brain takes a vacation.

That may seem like a pleasant way to pass the day at work, but in fact it is quite risky. You need to use your mental faculties to the fullest to prevent injuries to yourself and other workers.

Fatigue sets people up for injuries by affecting mental alertness and physical reaction time. Inattention can easily lead to dozing off for a second or two. Yearly in the US and Canada 7,000 to 10,000 die from falling asleep at the wheel.

Whether it's the white line on the high-

way or the assembly line in the plant, you can become hypnotized by repetition. Thinking stops and information from the outside bypasses your conscious mind. Your mind can't turn back quickly enough to deal with emergencies or deviations from the usual routine. When a machine jams, for instance, you are not ready to process that information in the usual way.

You may have a reflex action such as reaching into the equipment without turning it off first.

Here are some anti-boredom suggestions to discuss with your supervisor —

- Break your work pattern to help you stay aware.
 - Rotate frequently to other jobs.
 - Take on more responsibilities to give you new challenges.
 - Work as part of a team in which the interaction with others will help you stay interested.
 - Have the lighting, temperature and background music altered frequently to help you stay alert.
 - Try to get enough sleep each night.
- Many working people are trying to get by without the average seven or eight hours required for physical health and mental alertness.

Stay aware of the hazards. When it has been a long time between injury incidents or near misses, it's easy to forget how dangerous workplace situations can be.



When you wander the information highway, you may run into the odd image that prompts the question: “How'd s/he do that?” Perhaps this person was distracted. Perhaps his or her mind was on the electric bill and whether the dental plan might cover the kids' braces. Maybe he or she was just simply tired. Or maybe this worker had just had an argument with the boss about concentrating on the task at hand; or rather, at knee.



The US aircrew member this hand belongs to was wearing the appropriate personal protective equipment. He had on gloves. Unfortunately, his glove became soaked with fuel. It would have made sense at this point to go and get a dry pair. Instead, the tech kept working. Even had things turned out differently, he might have suffered chemical skin burns from the fuel. As it was, the fuel-soaked glove caught fire, with the results you see here.

Influencers cost Soldiers' lives

Lori Yerdon

U.S. Army Combat Readiness Center

FORT RUCKER, Ala. — In February, two Soldiers died in a rollover accident in Iraq when the M114 HMMWV they were operating rolled into a canal. Though the Soldiers drowned, preliminary reports suggest they were driving under the influence ... but not of alcohol.

Driving under the influence doesn't always involve drinking alcohol. Drugs and other items can impair drivers and render them incapable of safely operating vehicles, as is the case in this report. Initial findings from the accident suggest the Soldiers “huffed” before driving the government vehicle.

Huffing is a term people use to describe the action of intentionally inhaling aerosols or chemical vapors to attain a “high” or gain some euphoric effect. According to NIDA, drugs, aerosols, chemical vapors and other items used to obtain this feeling act on the brain and alter perception, balance, coordination and other motor skills required for safe driving.

The symptoms of drugged driving may have gone undetected in the past, said Sgt. Danny Lamm of the Impaired Driving Unit at the California Highway Patrol academy; however, enforcement measures are now in place to detect such hazardous practices.

Unfortunately, a trend is now emerging as a result of the improved detection methods — incidents of drugged driving are on the rise.

The National Highway Traffic Safety Administration reports that 16,000 people are killed annually because of drunk and drugged driving. NHTSA also estimates that drugs are used by about 10 to 22 percent of drivers involved in accidents, often in combination with alcohol.

Prescription, over-the-counter, illicit and unrecognized drugs all have potential reactions with alcohol.

The National Institute on Drug Abuse reports that drugged driving is a public health concern because it puts not only the driver at risk, but it also places passengers and others who share the road with them at risk.

In some situations, intoxicated passengers can cause fatal accidents, as is the case in a March privately owned vehicle accident that killed one Soldier in Tennessee. A Soldier was traveling with two other Soldiers when he reportedly lost control of his privately owned vehicle and crashed into a tree. However, reports indicate that a backseat passenger reached forward and grabbed the steering wheel.

Impaired judgment, uncoordinated body movements, blurred vision and slurred speech are just a few of the effects alcohol and drugs have on people.

Just one drink is known to impair mental and physical abilities.

Sergeant Lamm said he has witnessed numerous cognizant, levelheaded people choose to have a few drinks, decide to drive and become remorseful when they are arrested for driving under the influence.

The sad reality, however, is that Lamm and other law enforcement professionals aren't always able to remove impaired drivers from the streets before someone dies.

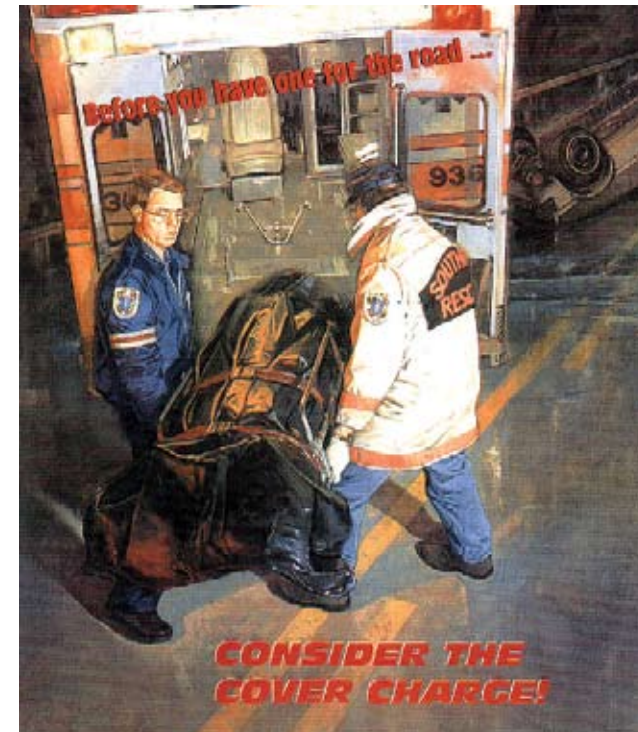
For example, in FY 06, an Army captain died in Iowa after losing control of his motorcycle, slamming into a chain-link fence and tumbling end-over-end more than a dozen times.

The investigation revealed that he was driving under the influence. His blood alcohol concentration was .289, and he chose to leave the bar and not wear a helmet.

“Soldiers must take care of each other and battle to stay in the fight,” Lt. Col. Randall K. Cheeseborough, chief ground task force for the U.S. Army Combat Readiness Center said. “Develop a plan of attack before heading out for a night on the town, and make sound decisions before drinking.”

“The use of battle buddies, designated drivers and taxis are cheaper than the cost of a DUI or fatality,” Cheeseborough added. “Though Soldiers can face punishment by their chain of command, the ultimate loss could be that of a life. What influence would you rather drive under?”

For more information on drunk or drugged driving awareness and prevention, visit Web site www.madd.org or www.nida.nih.gov.



301st trains in detainee operations at Ft. Bliss

Capt. Hector Prieto
301st MP Co. Commander

Members of the 301st Military Police Company conducted detainee operations training at Camp McGregor, N.M., and Fort Bliss, Texas with members of the "Tough 'Ombres" from the 90th Regional Readiness Command.

The training, June 4-11, included classes, practical exercises, and scenarios geared to-



Capt. Hector Prieto

Capt. Hector Prieto, commanding officer, 301st Military Police Company, receives the Army Achievement Medal from Lt. Col. Paul H. Noblin, commanding officer, 724th MP Battalion. 2nd Lt. Ricardo Lugo also received the AAM from Noblin. Other Soldiers receiving the AAM were Cpl. Jose Guzman, Sgt. Dorcas Rodriguez, Pfc. Jose Rodriguez and Pfc. Santos Vazquez.

wards the humane execution of correctional and detainee operations.

301st Soldiers underwent two days of Unarmed Self Defense where they practiced strikes, holds, and take downs concluding with a practical evaluation.

A large part of the training consisted of Cell and Compound Operations, Close Confinement Procedures, Transfer and Escort.

As part of the training the Soldiers became certified in the Oleo-Capsicum Resin spray, better known as OC Spray. In order to become certified, the Soldiers were sprayed with a 21 percent concentration spray then evaluated in executing unarmed self defense techniques, a take down and an arrest while under the effects of the spray. Soldiers had to perform these tasks to standard before being escorted to a decontamination station.

Participants in the training were Sgt. Luis Ramos, Sgt. Luis Perez, Cpl. Jose Guzman, Spc. Luis Matos, 1st Sgt. Marshall Johnson, and Capt. Hector Prieto.

Several Soldiers from the 301st Military Police Company received awards for their outstanding performance during the unit's participation in Desert Warrior and Desert Justice Exercise conducted at Camp McGregor, New Mexico, and Fort Bliss, Texas.

While one of the smallest units in the exercise, with only 18 Soldiers, the PRimeros from the 301st led by example by teaching the mounted land navigation block of instruction during the Leaders Refresher Training week, and preparing a mounted land navigation course that involved nearly 100 vehicles, 400 Soldiers, and several kilometers of desert terrain.

The 301st also participated in the eight-day long Detainee Operations Training, sent 7 Soldiers to Combat Lifesaver Course, participated in the 4-day long Convoy Operations Training, the 2-day Military Operations in Urban Terrain Training, and the drivers training course without having a single Soldier seriously injured or suffering any heat casualties in the 100 degree desert weather.

Just as any good military unit, the 301st also contributed its share of KP's and supported every mission they came across.

Master Sgt. Marshall Johnson, who was promoted while at Desert Justice, was awarded the Army Commendation Medal, while Capt. Hector Prieto, 2nd Lt. Ricardo Lugo, Staff Sgt. Wilfredo Aqueron, Sgt. Moises Melendez, Sgt. Dorcas Rodriguez, Cpl. Jose Guzman, Pfc. Miguel Rivera, Pfc. Jose Rodriguez, and Pfc. Santos Vazquez were each awarded the Army Achievement Medal.

The Company was visited by Master Sgt. Eric Colon representing the 65th Regional Readiness Command. Colon entrusted the unit with two coins, one from the 65th RRC Commanding general, Brig. David S. Elmo, and one from the 65th RRC CSM Marcial O. Felix to be awarded to two outstanding Soldiers. The recipient of Brig. Gen. Elmo's coin was Pfc. Santos Vazquez, while Pfc. Jose Rodriguez received CSM Felix's coin. The coins were presented by Lt. Col. Paul H. Noblin, commanding officer, 724th MP Battalion, Fort Lauderdale, Fla., and Capt. Hector Prieto.

Ft. Buchanan's MRP Unit reconstituted as CBCHO

Marc McCormick
El Morro

The Fort Buchanan Medical Retention Processing Unit has evolved into a new unit designation but still retaining its mission designation. In its newest incarnation, the unit is designated as a Community Base Health Care Organization.

At a pre-ceremony event in the Buchanan Conference Room, Col. Edwin C. Domingo, commanding officer, Fort Buchanan and Deputy Garrison Commander, Gunnar Pedersen, met with the members of the MRP Unit to present them with commander's coins for their service.

In his remarks, Pedersen said, "To you the change will be somewhat transparent but the operation will remain the same. Some of you go back to the days when we had a Headquarters and Headquarters Company that managed the medical hold-overs. This is just another phase in the transition of how the Army is managing Warriors in Transition and Wounded Warriors."

"The concept of the CBHCO works in a place that is important to us in Puerto Rico. You still play an important role at Fort Buchanan and we will still be looking at all of you for the same type of support that you've given in the past," Pedersen said.

Domingo praised the Soldiers as he awarded them coins.

"I would like to express my appreciation and thank you for what you have done for this command. I am sure your actions are fully appreciated and will be remembered," he said.

The Fort Buchanan Medical Retention Processing Unit made the transition from South East Region Installation Management Command to the South East Region Medical Command as the new Community Base Health Care Organization.

CBHCO Task Force Commander, Col. Mahoney, presided at the ceremony uncasing the colors of the new CBHCO.

"By authority of Army Regulation 600-20, the undersigned assumes command of Community Base Health care Organization for Puerto Rico," was read as Commanding Officer, Maj. Jose A. Rivera accepted the colors.

Currently, CBHCO of Puerto Rico has 66 Warrior in Transition Soldiers assigned to it and a 15 WTU cadre.

As the Army transforms, and Fort Buchanan as well, Pedersen lent perspective to the reality of the newly constituted CBHCO and Fort Buchanan when he said, "Fort Buchanan is not like any other installation you're going to be assigned to while you're in the Army."

"We're going through a lot of transitions here but we still are an Army installation," he said.

"Primarily we have Reserve and National Guard Soldiers around but we are everything that everybody else is; just a different scope and size but still just as important as anybody else. And, it's the Soldiers here that make us that important."



Marc McCormick

Sgt. Vanessa Colón places the new patch on the shoulder of Sgt. Amarilis Ramos signifying the change from a MRP Unit to a CBCHO unit.

Domingo



Leo Martinez

The old and the new — Col. Stephen M. Ackman congratulates Col. Edwin C. Domingo following the Change of Command ceremony making Domingo the 67th Fort Buchanan commanding officer.

a supply and replacement depot during the Korean War and as a U.S. Army Garrison in 1973.”

Domingo, noting the importance of supporting island Soldiers who deploy in the Global War on Terror said, “Our patriots are engaged on many fronts. Thousands of Puerto Rican Soldiers, National Guard and Reserve have been mobilized and more than 50 Puerto Ricans have made the supreme sacrifice in the struggle against those who would destroy the principles freedom, tolerance and liberty.”

“It is a conflict that we will face for years to come. American history has shown time and time again that we are Soldiers going into harm’s way... to defeat a dangerous opponent and foe. To accomplish the requirement of being a power support platform, Fort Buchanan must heed the nation’s call and do our best to prepare our Soldiers and their families. We must have a credible and technical garrison operations to assist the Soldiers and their families. Fort Buchanan stands to support all Soldiers and families and to provide America’s best and ready force,” he continued.

Concluding his remarks, Domingo outlined his broad philosophy about assuming command of Fort Buchanan when he said, “I pledge that this command will continue to build on the foundation of success and professionalism that Col. Ackman has established. It is possible to continue the tradition of service this organization has established in defense of our nation, its people and our heritage.”

Garrison

From Page 2

Community Club —

The Community Club is serving lunch on Tuesdays, Wednesdays, and Thursdays.

Beginning July 13th, we’ll also be serving lunch on Fridays. Lunch is now served buffet style with choices changing daily. The cost is only \$6.25 and includes punch, iced tea or coffee. The Community Club offers the opportunity to enjoy lunch in a quite and comfortable atmosphere.

Fourth of July —

Once again the United States Army Garrison, Fort Buchanan hosted a 4th of July event to celebrate our nation’s independence. My thanks to all the Soldiers of the Puerto Rico Army National Guard, the Army Reserve and the civilian workers of Fort Buchanan who worked to make this event a success.

Energy Conservation —

All of you know the high cost of electricity. Our Directorate of Public Works is working hard to reduce energy consumption. We get an electric bill every month, and just like your electric bill at home it’s something we must pay. Lowering that monthly electric bill will give us more money to spend on other garrison operations. Every bit counts. Before leaving at the end of the day, make sure all lights and comput-

er monitors are turned off.

Transitions —

Bud Rader, Director of Human Resources, is moving to Atlanta where he has accepted an assignment in the IMCOM Southeast Region DHR. We wish Bud and his family good luck in their new assignment. As an interim measure, Lt. Col. Jose Plaza, former Garrison Adjutant General, who has been serving as the Deputy Garrison Commander, will assume the DHR position.

Community Based Health Care Organization —

The Garrison’s Medical Retention Processing Unit has been disestablished. A new Community Based Health care Organization assigned to the Southeast Region Medical Command, Fort Gordon, Ga., was established to service those Soldiers who are Warriors in transition.

Over the next few months we may see the number of Soldiers assigned to the CBHCO increase, and the new requirements of the CBHCO will require some garrison offices to be relocated. The CBHCO is an organization that applies only to those Soldiers who are Warriors in Transition. It does not impact or change the services provided to the Fort Buchanan Community at the Rodriguez Army Health Clinic.

969th From Page 7

ages, solving export issues with Turkey, and assisting crude oil increasing exports from the south. The Anaconda, Al Asad, and Mosul teams began their job by traveling to different Forward Operating Bases throughout Iraq audited sites ensuring operators received proper training and skills to manage Army fuel in accordance with military standards. The teams conducted over 100 inspections and audits in a 12 month period.

They accomplished a myriad of missions and assisted the Defense Energy Support Center Europe Commander during negotiations for ending Turkish fuel truck drivers strike.

The teams also calibrated over 250 fuel meters while at the same time monitoring fuel meter calibration contracts throughout the Theater of Operations which enabled the correction and accuracy of accounting for fuel. In addition, 969th teams designed several fuel sites and Fuel Farm Expansions in order to support military surges and increase site capacities.

The detachment also revised and implemented a system that helps troubleshooting problems related to Fuel Account Systems while researching how to improve the tracking and reconciliation of monthly fuel usage.



**Your Career-Protecting America’s Borders
Border Patrol Agent**

TAKE CHARGE OF YOUR CAREER

The Border Patrol is currently seeking men and women to join our nation’s southernmost border as Border Patrol Agents. You must be a U.S. citizen, be physically fit, be under age 40. You must also be able to help protect the entry of persons and goods across the United States. You will be required to complete a rigorous training program and will be assigned to various locations throughout the United States. You will also be responsible for monitoring and controlling the flow of goods and services across the border. You will also be responsible for monitoring and controlling the flow of goods and services across the border.

To apply, you must:

- Be a U.S. citizen • Be physically fit
- Be under age 40

You must also be able to help protect the entry of persons and goods across the United States. You will be required to complete a rigorous training program and will be assigned to various locations throughout the United States. You will also be responsible for monitoring and controlling the flow of goods and services across the border. You will also be responsible for monitoring and controlling the flow of goods and services across the border.

Represent the protection of passing American borders. Border Patrol Agents are needed with excellent pay and an extraordinary federal benefits package. If you want to work in an exciting environment with high public trust, with unique government opportunities, to match, consider the Border Patrol. Border Patrol Agents will also receive an excellent benefit package. CBP strives to keep a workforce that reflects our nation’s diversity.

ATTENTION!

BORDER PATROL AGENT RECRUITMENT EVENT

July 20 (Friday) and July 21 (Saturday)

Embassy Suites Hotel, 8000 Tamarac Street, Isla Verde

WE HAVE 6,000 NEW POSITIONS AVAILABLE IN THE SOUTHWEST BORDER: TEXAS, ARIZONA, CALIFORNIA & NEW MEXICO. SALARY RANGES BETWEEN \$35,595-\$45,189 DEPENDING ON QUALIFICATIONS.

FOR MORE INFORMATION

Call: Recruitment BPA-grdhs.gov

1 787 607 2689

1 800 981-1313 Option 7

Send us an email confirmation to reserve your seat!

Aponte

From Page 3

chologist, a social worker, and a Drug and Alcohol counselor. Together, this group of extraordinary professionals is committed to provide early intervention and super care, thus meeting our Soldiers’ expectations.

Together we encountered another source of frustration, but not an impossible task. Our Puerto Rican Soldiers usually had to wait for two to three years for a Medical Evaluation Board ruling. Millions of dollars were expended by the 65th Regional Readiness Command and the Puerto Rico National Guard in TDY for our Soldiers’ MEBs at Ft. Gordon, Ga. and for their final transition at Ft. Stewart, Ga. One more time, RAHC staff proved and demonstrated their excellence in care. We made the MEB process seamless, painless, truly efficient and less costly. We not only met the TSG expectations but also we had built a system that is better or equal to those at any medical center. We have exceeded the turn around process required by Army Regulations.

Now we are a singular stand-alone MEB team, composed of one physician and two Physical Evaluation Board Liaison Officer.

Following our stellar performance with the management of the medical holdover population and the MEBs, we recently acquired the management of the Temporary Disability Retirement List. We are managing a total of 67 Soldiers from different branches of the Armed Forces.

Perhaps a few people believe that nothing is going on at Rodriguez Army Health Clinic since we are a very small organization composed of less than 50 staff members. But, once you walk inside and experience 2 weeks within those walls your heart soon fills with passion. Rodriguez Army Health Clinic Staff knows how to “Care from the Heart” and “Not to Leave a Wounded Comrade Behind.”

From the bottom of my heart, RAHC Staff, thank you for making this assignment a memorable one.

As I close another chapter in my military journey, I want to express my gratitude. It has been a great privilege to serve with you, the Fort Buchanan Community, PRNG, 65th RRC, and other tenants and activities. I remain forever humbled by the courage, dedication and selfless service for those who remain in service to our country and for those who have given their lives for our country.

God Bless You! Proud and Ready to Serve You!

Abuse

From Page 15

operators who died in single-vehicle crashes in 2005 had BAC levels of .08 or higher.

• A higher percentage of motorcycle operators had BAC levels of .08 or higher than any other type of vehicle driver in fatal crashes during 2005.

• Alcohol affects those skills essential to operating a motorcycle – balance and coordination.

• In 2005, the age groups with the highest rates of alcohol involvement in fatal crashes for motorcycle operators were between the ages of 35 to 44.

Drunk driving creates serious consequences —

• The tragedies and costs from drinking and driving impaired do not just end at the potential death, disfigurement, disability and injury caused by impaired drivers.

• Driving or riding a motorcycle while impaired is not worth the risk. The consequences are serious and real. Not only do you risk killing yourself or someone else, but the trauma and financial costs of a crash or an arrest for driving while impaired can be

significant.

• Violators often face jail time, the loss of their driver’s license, higher insurance rates, and dozens of other unanticipated expenses from attorney fees, other fines and court costs, car towing and repairs, lost time at work, etc.

• Refuse a sobriety test in many jurisdictions and you can lose your license on the spot and have your car impounded.

• Plus, there is the added embarrassment, humiliation, and potential loss and consequence after informing family, friends and employers.

The Ft. Buchanan Army Substance Abuse Program will support this campaign by planning special activities designed to promote participation by Soldiers, civilian employees, and Army families.

For more information, contact the following personnel —

Gisela Aponte, at 707-3419) or Myrna Llanos, Jose Berrios at 707-3825



Caribbean Scoop!

a taste of events to come...



IS OPEN!



0-4 ft Pool



Water Slides



Water Games



Sunning Deck



Pool Parties



Recreational Facilities
for the Physically
Challenged



Showers & Lockers



Swimming, Water
Safety, Lifeguard
and Aerobic Classes

Seasonal Hours of Operation

- SUMMER SEASON
- Tue thru Sun - 12 - 6 pm
- Monday - Closed

A cool
spout
under
the sun

For details call:
787-707-3550

CHILD & YOUTH SERVICES

Unauthorized Child Care Services

Unauthorized child care is defined as care provided to children in Government Quarters for more than ten (10) hours per week regardless of the number of children served. The Army has a responsibility to balance the ability of families to rely on one another to meet their short-term child care needs while protecting the safety and well-being of children.

There is a difference between watching children a few hours each week and providing child care services as a profession. National studies show that training and outside monitoring are two key indicators of providing quality care to children in regularly scheduled child care settings. Therefore, a ten (10) hours child care limit has been established to protect from being in unregulated child care settings on an on-going basis.

For more information on unauthorized child care services and/or would you like to become a Family Child Care (FCC) provider please contact Ms. Carmen Dieppa, Child Development Services Coordinator at 787-707-3598 or e-mail at millie.m.dieppa@us.army.mil.

COMMUNITY CLUB & CONFERENCE CENTER

Buffet Style Lunches at the Caparra Room, \$6.25 per person. Tuesdays through Thursdays, 11 am - 1 pm. A delicious array of entrees, salads, and beverage from the soda fountain in a pleasant atmosphere, with the convenience of ample parking. An easy pay and serve system saves you time to relax. (Desserts and bottled sodas are extra).

MWR LIBRARY

Computer Orientations @ the Library - to assist customers in accessing public computers and reference resources, the library will be offering computer orientations on different subjects.

Pre-School Story Time

The Fort Buchanan Post Library offers a preschool story hour along with a craft. July story time will be on the 11 July at 3:00 pm and the theme will be "Puppets". For details visit or call the Library at 787-707-3208.

AUTOMOTIVE SKILLS CENTER Thursdays Half-Price Specials

From 1 - 6 pm only!

Autolift Usage	5 July
Diagnostic Test	12 July
Alignment	19 July
Autolift Usage	26 July

Notice of Discontinued Service for automobile air conditioner systems that use R12 gas (freon). Used in vehicles prior to 1994, R12 was replaced by 134A gas systems that do not harm the environment. For more info, call: 787-707-3972.

ADULT SPORTS & FITNESS

Step Aerobics and Toning Class

Wednesday, 11 July, 5:30 pm at the Sports and Fitness Center.

Chess Tournament

Saturday, 14 through Sunday, 15 July, 9 am at the Sports Office, Bldg. 1020-C, Buchanan Heights. Registration deadline Tuesday, 10 July by COB.

Dodgeball Tournament

23 - 26 July 2007 • 7 pm at Fitness Center. Registration deadline: 20 July by COB at the Fitness Center. Fees: Military & Family - Free; DoD ID & Federal - \$5; Others: \$8.

Piñones Cycling Beach Trip

Saturday, 26 July, 8 am, meeting for departure at the Fitness Center, Bldg. 167. Registration deadline: Thursday, 24 July by close of business.

5.2 Perimeter Road Challenge

25 August 2007 • 5 pm at Fitness Center. Registration deadline: 22 AUG by COB at the Fitness Center. Fees: Military & Family - Free; DoD ID & Federal - \$5; Others: \$8; Late fee (on race day): Regular fee + \$5. Free T-Shirt for the first 84 participants. Awards for Top 3 per category. Categories: Male: 15 - 18, 19 - 26, 27 - 35, 36 - 45, 46 - 54, 55+. Female: 15 - 24, 25 - 34, 35 - 44, 45 - 54, 55+. This event is sponsored by GATORADE.

For more information and/or to register in any of the events above call Fitness Center at 787-707-3767 or Sports Office at 787-707-3277.



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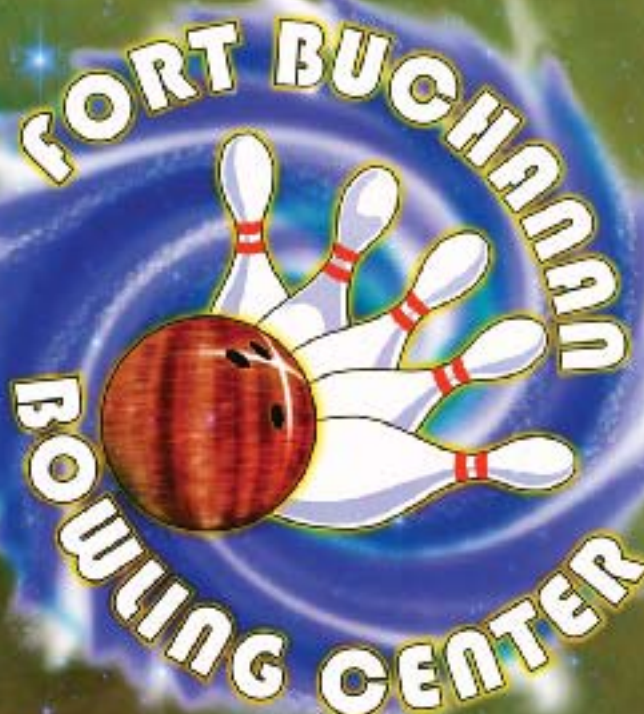
Caribbean Scoop!

Fort Buchanan, Puerto Rico • JULY 2007

Highlights:

- Dodgeball Tournament
- Computer Orientations & Preschool Story Time at the Library
- Half Price Nights at the Automotive Skills Center

Look for more information about these and all MWR events in our feature guide: MWR Caribbean. Available Now at various points of distribution throughout the garrison.



15TH ANNIVERSARY TOURNAMENT

Friday, 24 August '07
6 - 10:30 pm

Tournament Format:
9 Pin No Tap

Open to Adult Bowlers
Fee: \$20

- Cash Prizes
- Raffles
- Finger Food

Sponsored by:
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